

BBC

goodfood

January 2021
DHS15

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Middle East

*NEW YEAR,
NEW YOU*

*Your
healthy
start to
2021*

EASIEST
EVER
MIDWEEK
MEALS

30
wise ways
to shop
and cook

WINTER WONDERS

- * Baked sweet potatoes with lentils & red cabbage slaw
- * Squash steaks with chestnut & cavolo nero pilaf

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The background of the advertisement is a kitchen scene. In the center, a modern stainless steel faucet is set into a dark countertop. To the left of the faucet, there is a glass jar filled with water and green leaves, and a bunch of fresh vegetables including beets and leafy greens. In the foreground, several stainless steel pots and pans from the Pearl Cookware Set are displayed. One pot has its lid off, showing a blue ring inside. Another pot is on a wooden trivet. To the right, a person wearing a white chef's coat and a red and white striped apron is pouring water from a black kettle into a stainless steel pot. The overall scene is bright and clean, emphasizing the quality and functionality of the cookware.

simply
kitchen

New Year cooking made easy
with our Pearl, 4 pieces Cookware Set

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simplykitchenstores

Welcome to January!

I'm not one for making resolutions. As much as I'm drawn to the idea of creating a list, I tend to fall off track within a month or two. Instead, I've created a list of intentions for 2021. First up is to treat my body right and eat well. And no, that doesn't mean bland salads and a restriction on carbs. I've always believed in maintaining a healthy balance, and this year, I intend to include more vegan meals into my diet.

After the copious amounts of festive treats consumed last month, I'm ready to embrace Veganuary. I encourage you to do the same. The January issue is brimming with an extensive selection of meat- and dairy-free recipes for daily inspiration. If you're creating a grocery budget to avoid overspending this month, or year, turn to page 18 for smart ways to shop and cook. It's also a great time to eat seasonal (page 16).

Those celebrating Orthodox Christmas can impress family and friends with a special Wellington menu by Tom Kerridge. For the rest of the month, find wholesome midweek meals, baking ideas, light lunches and all-time family favourites.

May your year ahead be filled with abundance, culinary adventures and happiness, in and out of the kitchen.

Happy reading!



Nicola Monteath
Editor

WHAT WE'RE LOVING!



Liz Smyth says: "This roast chicken with rosemary and root vegetables is a great way to eat seasonal and get my four out of five-a-day."



"Katsu curry is a dish I can eat on a weekly basis. I'll be swapping chicken for tofu or tempeh for a healthier twist," says graphic designer, Froilan.



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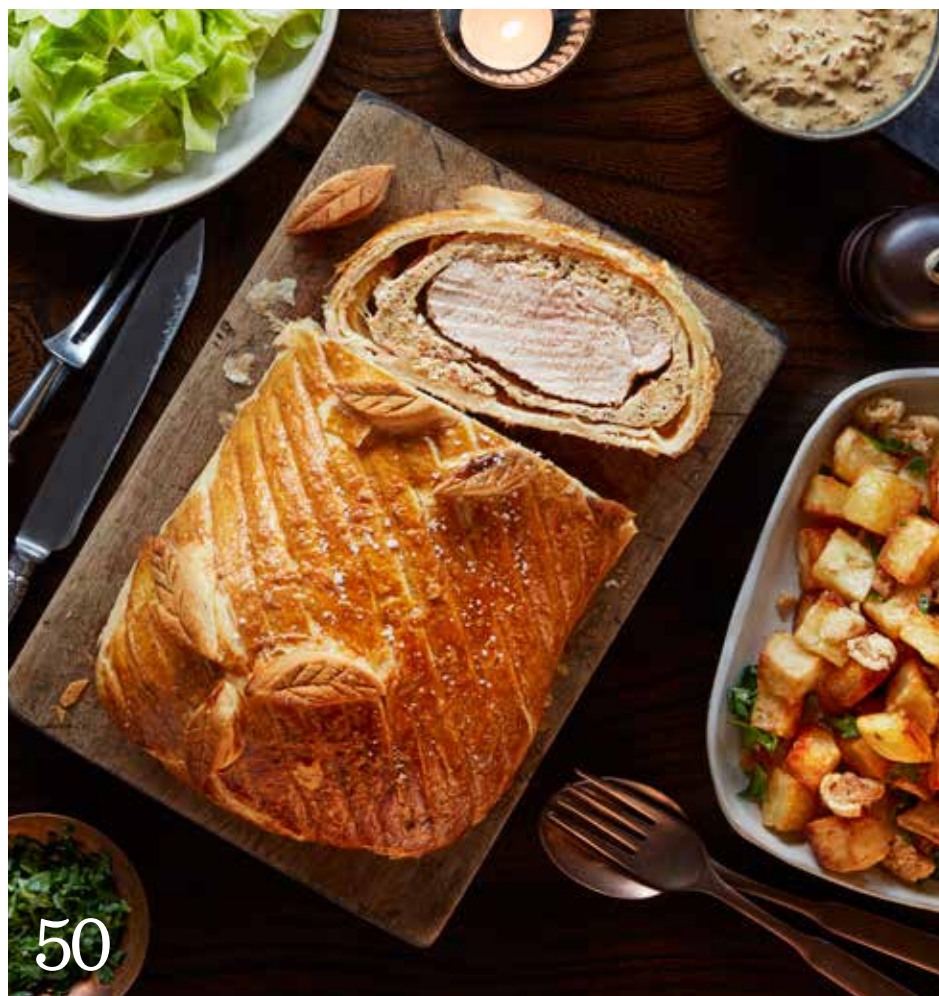
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Our recipe descriptions

V Suitable for vegetarians.

❄️ You can freeze it.

❄️ Not suitable for freezing.

Easy Simple recipes even beginners can make.

A little effort These require a bit more skill and confidence – such as making pastry.

More of a challenge Recipes aimed at experienced cooks.

Low fat 12g or less per portion.

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.

Vit C **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients.

GLUTEN FREE Indicates a recipe is free from gluten.

Some recipes contain pork. They are clearly marked and are for non-Muslims only. Look for this symbol:

P Contains pork.

gf YOUR SAY

We love hearing from you!

gf star letter



As a man in my late 40's I have suddenly discovered the desire to learn to cook and what *BBC Good Food Middle East* gives me is a go-to guide on what to cook, how to cook it and allows me to learn easy, tasty recipes. I am not part of the lycra Friday morning cycling club so instead, wanted to start a new hobby. I find cooking interesting, challenging, relaxing and the benefits are, at the end, for all to enjoy. Thanks for pointing me in the right direction!

David Garner



I always enjoy Flavours of Month section in every issue and love all the recipes. I love cooking with my wife, so over the weekend we try out of new recipes. I tried five-ingredient flourless brownies and it was delicious. No words could describe it. It is one of the easiest recipes to make. Thank you for sharing this recipe and keep sharing more.

Ahmed Burya



This month's recipes were very rewarding! I tried the rainbow cheesecake to mark my boys' one-and-a-half years old celebration. The fish roast recipes were great too. Tried few restaurant suggestions as well. House of Pops is now our all-time favourite ice cream destination. Appreciate the team behind these wonderful reviews.

Nasha Maryam

WIN!

LAKELAND GIFT VOUCHER WORTH AED1,000

Lakeland is the home of creative kitchenware and ideas for around the home. These nifty products make everyday life easier and more enjoyable, whether you're cooking, baking, cleaning, doing the laundry, entertaining, or searching for the perfect gift. The kitchen is the heart of the home, and at Lakeland, you can find everything to help you prepare, serve and store proper homemade food. Household chores are accomplished quickly and without a hassle, with the brand's range of items on hand, each designed to perform brilliantly. Find Lakeland stores at Mall of The Emirates, Dubai Mall, and Dubai Marina Mall

To send in your Star Letter and win this prize, visit the Competitions page on bbcgoodfoodme.com



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Or, you could write to us at: The Editor, BBC Good Food Middle East, Grosvenor Business Tower, Barsha Heights, Office 804 PO Box 13700, Dubai, UAE.



BUTTER OF EUROPE

FRENCH BUTTER, THE SECRET
TO MAKE THE DIFFERENCE

FRENCH DAIRY BUTTER: A REAL FLAVOUR ENHANCER

There is no doubt that French butter makes almost everything taste better.

From pan-fried fish to sautéed vegetables, it's a well-known fact that it naturally exhausts aromas, and there's no more versatile ingredient than butter.

Adding heat to dairy butter develops a rich, nutty flavour as the milk caramelizes. Cooking with butter adds flavour to meat cuts, while using it with a spice blends compliments and enhances the flavour of any dish.

NEWS nibbles

What's hot and happening in the culinary world, in the UAE and across the Middle East



Going Keto?

Beef is listed as one of the best options for those on a keto diet, as it's nutrient dense. The next time you reach for a juicy piece of meat, try a grass-fed variation. Silver Fern Farms beef cuts are lean, trimmed and boneless; rich in iron, zinc, selenium, vitamins A, D, B and B12 and E, and contain omega-3 fatty acids and a healthy omega 3 to 6 ratio. The highly digestible protein also contains fewer calories when compared to other varieties. Take your pick from tender beef eye fillet steaks, medallions, flat-iron steaks and stir-fry strips for quick, wholesome meals.

Available at Prime Gourmet, Carrefour, Lulu Hypermarkets, La Carne, Park N Shop and Kibsons.



Jump-start your day, and metabolism, with a nutritious bowl of porridge or chia pudding to pack in essential nutrients and increase energy levels. Acai You Chia offers a tempting selection of tart, sweet and milky flavours including Yoghurt Madness, Yin and Yang, and Mango, to name a few. Expect custard-like texture and crunch from toasted almonds and coconut flakes. Your wholesome breakfast will also be delivered in just 30 minutes.

Orders can be placed on all participating delivery platforms including Zomato, Deliveroo, Talabat and Careem Now.



Time to make a change

Re-think your routine with SEVA's Nutrition Coach and lead a healthier lifestyle this year. The newly launched Plant-based nutrition coaching programme will set you on the right path with four 60-minute consultation sessions (once a week), a visit to your fridge at home for an audit and evaluation, a trip to the market for shopping guidance and unlimited advice via WhatsApp, so you can reach your coach whenever in doubt. At the end of the programme, SEVA promises more vitality and energy, glowing skin, and a healthy body that extends well beyond weight loss.

AED6,000 (one month). Visit sevaexperience.com.

THE BEST BITES



Grab your reusable tote

There's a new farmers' market at Food District on Palm Jumeirah, in partnership with the UAE Ministry of Climate Change & Environment. Every Saturday at the Emirati Farmers Souq, shop for local produce that is either conventionally grown, hydroponic farmed or organic. Eggs and honey are also available, all at affordable prices. Don't forget to stop by the licensed dine-in hub where Boon Coffee and Smöl by The Lighthouse will be serving breakfast on the ground floor terrace.

From 8am to 2pm. Contact +97152 509 4783.

Embrace Veganuary



Start 2021 on the right note with plant-based meals from Marks & Spencer's. The range includes over 25 vegan products

including meat-free mains, plant-based ingredients and dairy-free desserts – with more options launching soon. We highly recommend the No Chic'n chunks for sandwiches and salads, Chic'n nuggets for after school snacks, BBQ pulled jackfruit pizza, Moroccan lentil stew and mushroom pie for fuss-free weekday meals. And for a guilt-free dessert, the scrumptious Chocolate and raspberry ripple ice cream.

Available at Marks & Spencer stores. Selected lines are also available on the M&S Food, el Grocer, Deliveroo and NowNow apps.

ORDER IN

Two home deliveries for a stress-free January



Asma

This contemporary Middle Eastern restaurant has unveiled The Asma At Home delivery service, offering a modern spin on authentic Arabic classics. The menu features classic dips including a hummus platter, labneh beetroot or labneh zaatar platter. For starters, try the falafel platter, watermelon feta or dolma with various stuffing. Not in the mood to cook? Try the hearty chicken ouzi, shawarma or green prawns' platters. Desserts such as Umm Ali and Muhllabia platters offer the perfect end to a hearty meal.

Serves a minimum of five people with the price of each platter starting at AED69. Orders must be placed 24 hours in advance. Contact +9714 394 0646 or visit asma.ae.



Abela & Co

Got a busy week ahead? Abela & Co have launched their new e-commerce platform. Find ready to order homemade snacks, soups, pies and quiches, meatballs and burger patties, frozen meals, desserts, and plenty more.

Free next day deliveries on orders above AED100 in Dubai. Visit abelaonline.com.

top buy

From tableware to kitchen appliances, here's our list of most wanted items to make dining and entertaining all the more fun

The ProQ marinade injector will help you achieve a juicy, succulent roast. *AED29 at Homesmiths.*



Liven up your living room with this aromatic Aesop Home Callippus Aromatique Candle with frankincense and earthy vetiver notes. This makes for a great housewarming gift too! *AED410 at aesop.ae and in-store at Fashion Avenue, Dubai Mall.*



Spruce up your coffee or dining table with this XL Antler hurricane to add natural elements into your space. *AED355 at Next Online.*



Develop healthy eating habits this year with the Smart Oven Air Fryer by Sage (formerly known as Breville). It features ten cooking functions powered by the brand's Element iQ system, which delivers maximum performance and versatility. Smart algorithms replicate the ideal cooking environment for air frying and nine additional cooking techniques. Foods are cooked to crisp and golden perfection, at higher temperatures and super convection speeds. This appliance is ideal for those who want to indulge guilt-free in their favourite fried foods. *AED2,099 at sageappliances.ae*



Advertisement feature

The new year is upon us and with it the promise of new beginnings. Leading a healthier lifestyle might be on everyone's list of resolutions, but the difficulty comes when implementing it in our daily routines. 'Healthy living' has become the key phrase of the century. Be it organic food habits, keto, paleo, or vegan diets, we are constantly looking to improve our eating habits.

Besides physical health benefits, changing your diet to incorporate nutritious alternatives has immense mental health benefits. Cleaner diets, in reality, encompass delicious food and drinks and are completely open to experimentation, especially with the right kitchenware. Take for example the Blendy Metal. The elegant blender comes with a steel blade set and measuring cup for creative smoothies, concoctions, soups and sauces.

Helping to create delectable yet healthy options with uniform consistency, the blender is the perfect companion for those looking for easy recipes, or transition to a healthier lifestyle without being overwhelmed. One of the blender's concoctions - detox juices, can help with skin texture, aid weight loss and increase energy levels. All you have to do is add fresh fruit, veggies and greens to the blender jar. Detox juices are in fact a great way to successfully achieve your new year resolutions and begin the journey to an improved lifestyle.

AED179 at Simply Kitchen.





TIME *for* TEA

Is there a better way to catch up with friends, than over a luxe afternoon tea spread? This month, experience Tea on the Terrazza at Alba Terrace, The Abu Dhabi EDITION, where a not-so-traditional Mediterranean-inspired afternoon tea awaits guests on the gorgeous veranda.

Make the most out of breezy, sun-kissed afternoons as you dine al fresco and enjoy 24 varieties of tea, coffee, or bubbles. Tuck into innovative treats including meringue peaked charcoal croissant, mini avocado egg on rye bread, baby burrata and prosciutto with grilled peach, to whet your appetite. The chef has plenty of culinary stunners in store, but we won't ruin the element of surprise by listing them all.

Daily from 1-6pm. AED 120 per person for the tea and coffee package and AED 168 per person inclusive of two-hours of bubbles.

Contact +9712 208 0000.

THE
ABU DHABI
EDITION

Flavours of the *month*

What's hot and happening
around town this month

📍 The Nine Gastropub, Sofitel Dubai The Obelisk

To mark Veganuary, this gastropub has launched a healthy vegan cauliflower preparation smothered in authentic British spices. Inspired from the traditions of Coronation Chicken, served during the coronation ceremony for Queen Elizabeth II, Head Chef Michael O'Shea has thoughtfully used this classic recipe to create a vegan alternative, Coronation Cauliflower. Marinated in light vegan yoghurt and curry spices, the vegetable is roasted in a Josper charcoal oven to bring out subtle charred flavours. It's garnished with crunchy candied cashews and served with a tahini lemon-yoghurt and sweet apricot purée.

Contact +9714 281 4111.



📍 Roberto's At Sea

Make the most out of breezy, sun-kissed weather with Roberto's At Sea; a newly launched dining experience onboard a luxury yacht. Roberto's Dubai allows diners to enjoy *La Dolce Vita* on the 58-foot yacht that comes fully equipped with a private chef, captain and crew for you and your entourage. The culinary offerings include three menus featuring seasonal favourites such as tuna tartare with avocado and wasabi cream, wild forest and portobello mushroom risotto and roasted tiger prawns. Ending on a sweet note, the decadent assortment comprises tiramisu, pistachio ice cream and chocolate profiteroles. Have a yacht? Order Roberto's catering services with multi-course menu options including blue marlin, kingfish and royale dorade (at an additional price per person).

Contact +9714 386 0066.



The Nine Gastropub, Sofitel Dubai The Obelisk

Photographs SUPPLIED

🔪 The fabrique

JLT is now home to a new Dubai-based concept. Launched by the team behind much-loved brand Sausage Fabrique, the all-new artisanal butcher and deli will offer a menu brimming with their all-time favourites. Expect to see the top-selling spicy Italian sausage (spicy beef sausage, grilled peppers, mozzarella, cheese, pesto mayo) and The Fab burger with double wagyu beef burger, maple bacon caramelised onion, cheddar cheese and homemade chipotle sauce. The fabrique also unveiled new sandwiches including the Korean Bulgogi beef hot dog featuring soy-marinated gourmet rib eye and beef sausage and K-pop Korean dog (panko fried chicken sausage with kimchi pickled slaw), to accompany their must-try Korean bulgogi loaded fries.

Contact +97158 584 4057.



🔪 Lola Taberna Española

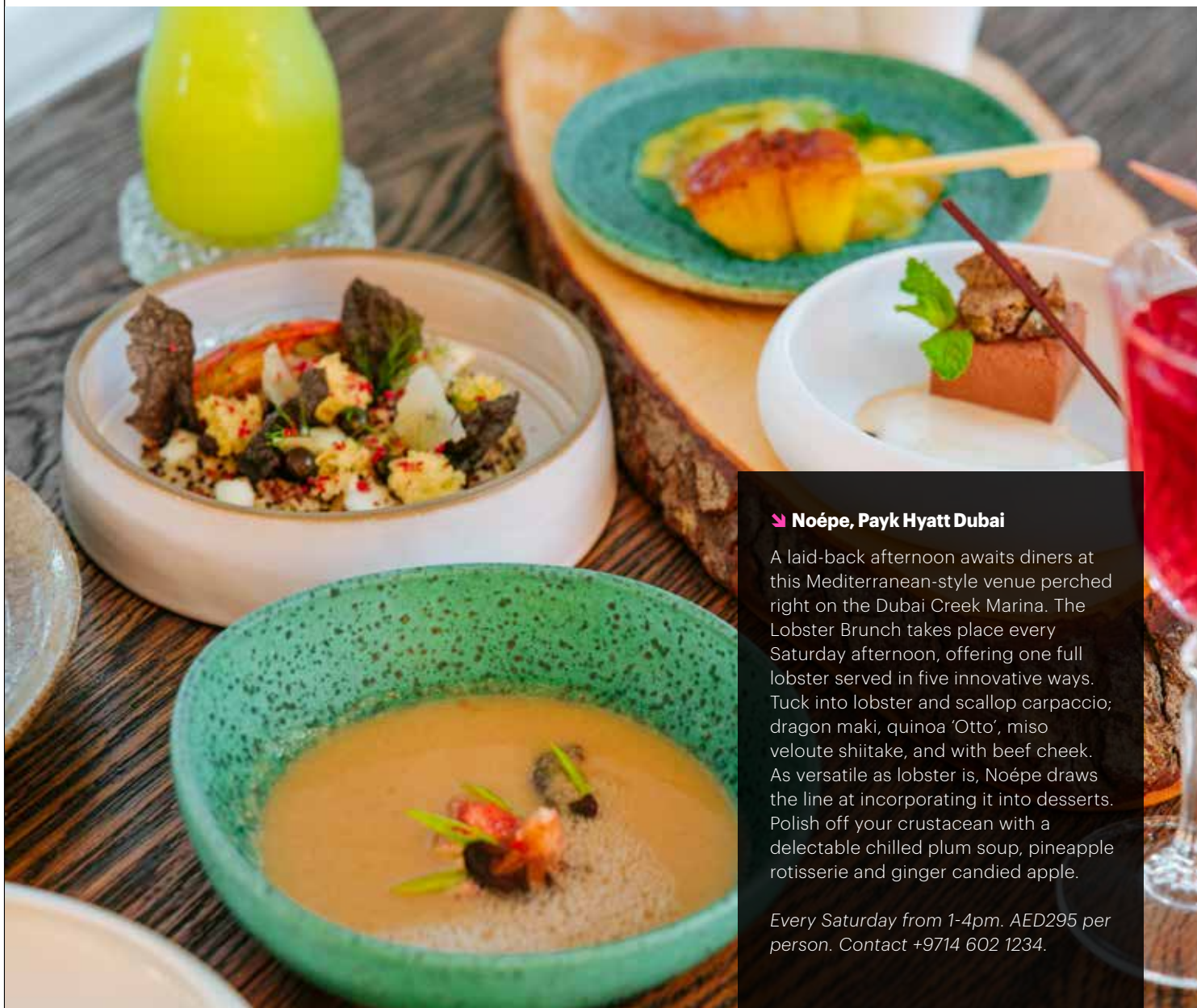
Get a taste of authentic Spanish cuisine at this charming restaurant and tapas bar at TRYP by Wyndham Barsha Heights. Diners will be transported to the streets of Andalusia, Spain, enjoying the vibrant interiors inspired by the busy streets of modern Barcelona and the ancient port of Cádiz, home of Lola Flores (an icon of traditional Andalusian folklore). The gorgeous terrace makes for a great spot for a relaxed tapas lunch.

Contact +9714 453 1645.

📌 **Vivaldi Restaurant, Sheraton Dubai Creek Hotel & Towers**

Celebrate Orthodox Christmas with a special edition brunch at this well-loved Italian restaurant. Gather loved ones for a memorable evening coupled with breathtaking views of the Dubai Creek and an extensive buffet spread teeming with Italian classics.

January 7 from 12:30-4pm. AED199 with soft beverages and AED299 for the house package. AED90 per child. Contact +9714 207 1717.



📌 **Noépe, Payk Hyatt Dubai**

A laid-back afternoon awaits diners at this Mediterranean-style venue perched right on the Dubai Creek Marina. The Lobster Brunch takes place every Saturday afternoon, offering one full lobster served in five innovative ways. Tuck into lobster and scallop carpaccio; dragon maki, quinoa 'Otto', miso veloute shiitake, and with beef cheek. As versatile as lobster is, Noépe draws the line at incorporating it into desserts. Polish off your crustacean with a delectable chilled plum soup, pineapple rotisserie and ginger candied apple.

Every Saturday from 1-4pm. AED295 per person. Contact +9714 602 1234.

Tried & tasted

Our top dining experiences this month



FOOD DISTRICT, THE POINTE, PALM JUMEIRAH

As the gentle breeze greeted us on the terrace of the newly launched Food District, I knew this is where I wanted to be every Friday afternoon. Hugging the coastline of the Palm Jumeirah and looking out to Atlantis The Palm, this hotspot features two storeys packed with 13 well-loved homegrown eateries. Entry into the UAE's first licensed dine-in hub is equivalent to stepping into a Mediterranean realm. Adopting minimalistic black and brown interiors with bar stools and tables, the location accommodates plenty within, and diners can enjoy the relaxing ambience while soft music plays in the background. Since the cool breeze beckoned, my dining partner and I chose to dine al fresco on the comfy sofa lounges by the beach.

What we liked:

The counter-service concept allows diners to pick from various restaurants and enjoy their meal anywhere within the venue. With Dubai once a pearl fishing town, it is no surprise that fresh oysters are on the menu here, thanks to



produce from neighbouring Dibba Bay. The enticing trio of oysters served was fresh, plump and juicy. We couldn't believe they were cultivated at the UAE's first shellfish farm. Bite Me Burger Co. was our next stop, where I ordered the Beef encounter with an aged grilled beef patty, American cheese and pickles topped with a special sauce, cooked to perfection. My dining partner's immaculate Jack Daniel's burger showcased a beef patty and a dash of the non-alcoholic sauce with the usual burger suspects as fillings. These mini sliders are best eaten with crunchy fries on the side.

Smöl by The Lighthouse is another one to try, serving up comfort soul food. The smokey flavoured sweet corn salad dressed with chilli butter is the perfect vegetarian salad as a starter or side. If you're still feeling peckish, try Wingsters chicken wings coated with peanut sauce, which features robust sweet and spicy notes. For a more substantial meal, The Roost Rotisserie's three-hour slow-cooked chicken comes in highly recommended. Gorgeously complemented with lemongrass and herbs, it's a great option for those who



prefer free-range chicken.

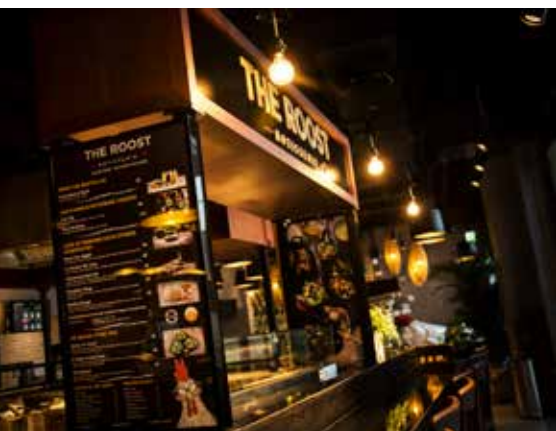
While most of the offerings are rather impressive, the highlight of my afternoon was the menu from Reif Japanese Kushiya. On a bamboo leaf came a beautifully presented platter of crisp salmon skin. The crunchy seafood uramaki topped with a mini spoonful of yuzu tobiko was like a party in my mouth. The addition of pickled daikon further complemented the spicy chipotle sauce perfectly. Another favourite menu item, for a flavoursome treat, was the Japanese Unagi; a plate of eel dribbled with unagi sauce, topped with mixed sesame seeds.

A sweet venture into the Silk Gelato counter provided a delicious ending. Scooping the bottom of my cup saw the end of a tangy sphere of lemon sorbet, while mild mango flavoured gelato added a smooth texture and sweetness to every bite.

Make sure to reserve a table in the evening, or else, you will miss out on this worthwhile experience. And don't forget to catch the world's largest fountain display at 7pm!

Contact +9715 2509 47873.

Words by SERA MATHEWS





I love snack time and was incredibly excited to see the two small containers of fresh fruits (with grapes, pineapple paired with a chocolate and hazelnut butter, green apple and more). I don't voluntarily opt for dark chocolate treats, however, when covered with coconut, it left me with cravings for more. The almond and raw chocolate snack bars also served as a great nutty bite in between meals.

Overall, the week's meal plan was an absolute delight with substantial portions to keep me going until the next meal. I felt less bloated, which is a positive sign. Plus, not for a single moment did I feel that any of the dishes didn't live up to my expectations. I have to confess; I even contemplated going meat-free for the rest of January.

To order the meal plan, all you have to do is select your meals and snacks for each day from a diverse menu online and wait for your delivery to arrive. It's that simple!

Meal plans are priced at AED 120 per day (for breakfast, lunch, dinner and two snacks) and AED 840 per week. Contact +9714 883 3940 or visit freakinhealthy.com/rootd.

ROOT'D BY FREAKIN' HEALTHY

A committed non-vegan from the start, going vegan for an entire week was an interesting turn of perspective in my culinary journey. This meal plan delivery service focuses on wholesome, plant-based diets packed with nutrient-dense ingredients and superfoods.

After the overindulgence over Christmas, it made sense for me to pick the balanced lifestyle plan to kick-start 2021 on the right note. Luckily, many of the culinary offerings ended up as memorable highlights during the week. I've even been looking up recipes for some of these dishes, to remake at home.

To be honest, I wasn't sure what to expect at first. A heavy bag lined with a cooling insert was at my doorstep every morning before I was even out of bed. Inside, three meals in biodegradable containers, two snacks and cutlery. Each meal was labelled with a sticker highlighting my name, meal type and whether the meal had to be refrigerated or kept at room temperature. Major allergens such as nuts and grains are also mentioned, alongside a nutritional information table that indicates the calories, total carbohydrates, protein, fibre and total fat values.

What we liked:

For my first dish, I was pleasantly surprised with the scrambled tofu with a Mexican spin. This breakfast item was not only gorgeous to look at, with an enticing yellow colour, but also infused

with perfectly balanced aromatics and spices. Made up of black beans, red bell pepper, tahini, almond milk and lime, it proved to be a great start to the day. I am certain this will forever be my alternative for standard scrambled eggs, thanks to its soft texture and lightness.

The chickpea curry burrito was a definite standout lunch option. Comprising chickpeas with dried mango powder, coconut, veggies and light miso paste, this lunch was filling while exuding strong Asian flavours. For dinner, I was delighted to tuck into velvety mash in the baked courgette lasagne dinner on one night, and braised artichoke and potato gnocchi on another. At one point, I completely forgot I was on a meal plan.

Puy lentils with a slice of toast was another memorable meal. It's not the first thing that comes to mind when I ponder over breakfast ideas, but surprisingly, it had the perfect amount of creaminess. Moreover, it kept me full for hours.

The best part about this delivery service was that it wasn't restrictive in any way. I ordered a delish salad with fig vinaigrette, ricotta, beetroot, baby spinach and mixed lettuce and indulged in vegan burgers the same day too! The chunky patty of spicy pumpkin kibbeh sat between golden-brown burger buns. Accompanied by veggies, coleslaw, vegan mayo, smoked coconut pieces, green chilli sauce and caramelised onions, the burger was a refreshing take on my usual orders.



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DEFINITION

SINGLE-USE PLASTICS

An item of plastic that's used once, then thrown away. Single-use plastics include disposable cutlery, plastic straws and bottles, drink stirrers and crisp packets.

5 ways to eat green

OUTDOORS

Want to enjoy al fresco eating while lightening your carbon footprint? Grab your picnic blanket and start reading *words* PAUL ALLEN

Right now, the idea of 'al fresco' might feel, well, a little limited. But if you're lucky enough to have a garden or patio, a family barbecue or picnic could be the perfect way to create an escape without leaving home. The good news is, there are lots of ways to make your outdoor dining experience as environmentally friendly as possible.

1 Grill power

Unless you have a solar-powered electric grill to hand, your outdoor cooking options likely include a traditional charcoal or gas barbecue (disposable barbecues are very bad for the planet, as they can't be recycled or composted, and are wrapped in single-use plastic). So, which is better for the planet?

When it comes to air pollution, the answer is gas. Even though it means

burning a fossil fuel (typically butane or propane), a gas barbecue creates fewer carbon emissions and less of the nasty volatile organic compounds, particulates and ground-level ozone that some charcoal produces.

And what about the taste? If you can't do without the smoky flavour of a charcoal barbecue, remember that some coals, such as the smokeless variety, are better for the planet than others.





2

CHOOSE THE RIGHT CHARCOAL

Most charcoal briquettes have travelled a long way to get to a shop near you. The bags often contain wood from tropical forests. Many environmental groups are concerned about the huge areas of tropical rainforest, from central Africa to South America, that are being destroyed to make charcoal for barbecues.

So, what can you do? 'Make sure you buy charcoal certified by the Forest Stewardship Council (FSC),' says Jenny Bates, clean air campaigner at Friends of the Earth.

Look out for sustainable British 'lump' or 'chunk' charcoal, as these will come from certified environmentally responsible sources, such as coppiced trees in managed woodland and forests. Unlike hardwood charcoal, it doesn't need to be soaked with lighter fuel (another eco-friendly thumbs-up). So, while it's a bit more expensive, it won't contain any chemical additives, and you should be able to use much less.

DEFINITION

PV SOLAR LIGHTING

All solar lights use something called the photovoltaic effect (PV). This takes solar energy produced by the sun and stores it in a rechargeable cell battery – and that's what powers your solar lights when the sun goes down.

3

BRING OUT THE CHINA

Yes, we're being glass half-full, but there are at least some food-related environmental upsides to staying in. As well as cutting our carbon emissions by staying put, al fresco dining at home means there's no need to wrap food in cling film or foil for transport, or use disposable plates, cups and cutlery.

That's great news, because these have become a real environmental problem in recent years.

Real glasses, cutlery and china plates are both stylish and sustainable.



4 LESS MEAT. BETTER MEAT.

Burgers and sausages tend to have the biggest carbon footprint (the UN reports that beef creates the most greenhouse gas emissions of any meat), so aim to grill something a bit greener.

If a beef- or meat-free barbecue isn't an option for you, try to use less, but better-quality, meat. Look for organic, sustainably raised, free-range, grass-fed and local options. They'll still have a heavier footprint than plant-based proteins,

but will tick more sustainability and animal welfare boxes.

If you're able to find the right ingredients, there are lots of alternative choices with a lighter carbon footprint. Get lots of vegan and veggie ideas on bbcgoodfoodme.com.

If you're looking to grill fish, pick sustainable options and avoid haddock, shrimps and farmed salmon, as these species are currently overfished and could become extinct in the near future.

5

Solar lighting

Don't forget the ambience. From delicate string lights to striking wall-mounted LED lights, there's a huge range of solar-powered garden lighting options that can help your al fresco meal last well into the evening.

You don't need a mains outlet to use solar lights, and they're completely free to run. That's because all solar lights use the photovoltaic effect (see above, left)

to charge up during the day when the sun's out, and release their energy as light after dusk. And, of course, the energy that they store and produce is entirely renewable.

According to the charity Solar Aid, over the course of three years, one solar light can avoid an entire tonne of carbon dioxide being released into the atmosphere. And the style upgrade they'll bring to your garden doesn't hurt, either.

30+ wise ways to shop & cook

waste less and save more | love your freezer | 5 meals for 2 from 1 chicken

Spending sensibly is essential to keeping a budget, and saving often goes hand-in-hand with being more sustainable. After all, throwing food away leads to losing money. Here's how to make the most of your food budget

words LULU GRIMES

HOW TO SHOP WELL

SHOPPING LISTS

Everyone knows that making shopping lists helps with budgeting – the advice is always that, if you stick to your list, you won't be tempted to buy anything else. We're not disputing this, but you should be careful not to default to items you always buy without seeing if similar items are on offer or more reasonably priced. This is especially important if you shop online and have 'favourites' logged in your account. Always check the price, as it will vary, and some ingredients – particularly fresh – can be priced according to things like the weather.



BE LABEL-SAVVY

Use-by or expiry dates appear on food for safety reasons. You can eat the item up to that date, but not after. 'Best before' dates, however, describe the quality of the food. It should be safe to eat after that date, but may no longer have the same flavour or texture.

DON'T SHOP WHEN YOU'RE HUNGRY

We've said it before and we'll say it again: unless you've got a will of steel, it's too easy to be tempted.



STORE IT WELL

You've done your shopping, now make sure it doesn't go to waste. Store dry goods in a cool place to prolong their shelf life. Nuts, seeds and grains can turn rancid if they get too warm.

SAVE MORE

The Waste Resources and Action Programme (WRAP) in the UK estimate that the average family could save £70 (approximately AED340) per month by reducing food waste. Do an audit of what you're likely to throw out, and create a strategy.

BULK-BUY EFFICIENTLY

Do monthly shops for bulk dry ingredients and basics like pasta, rice and cereal – they're often better value when bought in bulk, and there's less packaging than there would be in several small packs. Each week, you'll just need to buy fresh ingredients. Don't buy things like spices in bulk, as they may not be used in time. This may contribute to food waste in the long run.





GROW YOUR OWN

Shop-bought herbs and salad leaves never last as long as you'd like, but they are very easy to grow. Consider investing in a few plants for your windowsill or patio, or plant several if you have a garden. You can also grow small crops of veg quite easily – just rotate planting and harvesting so you always have a supply.

HERBS

Check with your local garden centre to find out which herbs grow best together if you want to put a few in a herb planter. Some require specific conditions, or are more vigorous than others and can take over if you're not careful – mint, for example, likes to take over. Consider growing herbs that you can't buy easily, such as chervil.

SALAD LEAVES

Pick leaves as needed to use in salads. You can buy salad leaves as 'living salads' from some shops and supermarkets, or grow from seed yourself. You could also choose to grow microgreens for really intense flavour – plant coriander seeds, mustard seeds, rocket, alfalfa and peas, then harvest the first leaves.

CHERRY TOMATOES

As with the salad leaves, tomatoes keep better on the plant than in the kitchen, so pick them as you need to prevent waste. If you have a glut of green tomatoes, they'll make great chutney towards the end of the season. Grow unusual varieties, like yellow or purple tomatoes, for maximum value. If you have tomato plants in pots, move them indoors during cold weather – they primarily require warmth to ripen.

STRAWBERRIES

Grow these in hanging baskets and small pots. Or, if you can get hold of good wild strawberry plants, spread them across the garden. They'll pop up every year, and have a distinct, intense flavour that is brilliant with ice cream.

BAY TREE

While a bay tree is an investment, it will provide you with fresh bay leaves all year round, and the flavour is far superior to the dried variety you can buy.

RADISHES

These will grow well in pots, and you can plant and harvest them in rotation so you always have some.

“Grow herbs and other veg at home – rotate planting and picking for a constant supply”

MAKE YOUR OWN...

BREAD

Making your own bread is much cheaper than buying it, especially sourdough. You'll need flour, salt, water, a bit of time and some equipment. The dough can be baked into bread, pizza bases or flatbreads, and extra starter can be used in pancakes. Find recipes on bbcgoodfoodme.com.



KOMBUCHA

This fermented tea can be pricey, but it's easy to make. It's made from tea, sugar and a 'scooby' (or symbiotic culture of bacteria and yeast).

You'll need a very large glass jar and some muslin, and you can buy a scooby online. Kombucha can be flavoured easily, too – we like raspberry, ginger, passionfruit and pomegranate.



PESTO

Try these pestos to use up odds and ends. Blitz all the ingredients together using veggie alternatives, if needed.



- **KALE** 85g pine nuts, 85g parmesan, 3 garlic cloves, 75ml olive oil, 85g kale, juice of 1 lemon

- **ROCKET** 50g pine nuts, 100g rocket, 50g parmesan, 150ml olive oil, 1 garlic clove

- **WILD GARLIC/NETTLE** 150g young nettles or wild garlic, 50g parmesan, 1 garlic clove, zest and juice of 1/2 lemon, 50g toasted pine nuts, 150ml rapeseed oil

- **CARROT TOP** 1 bunch of leftover carrot tops, 50g pine nuts, 50g parmesan, 1 garlic clove, 75ml olive oil (or more, if needed), a squeeze of lemon juice

KNOW YOUR PORTIONS

It's easy to cook too much of things like rice and pasta. Then, if you forget about the leftovers, some may go to waste. Work out the portion size that suits your family (taking into account any dietary needs) and stick to those amounts. Here are two handy measures to get started.

**1 ADULT PORTION
OF UNCOOKED RICE
= 75g OR 6 TBSP**



**1 ADULT PORTION OF
UNCOOKED PASTA = 75g**



► PLAN AHEAD, AND USE UP WHAT YOU CAN'T EAT

According to Love Food Hate Waste (lovefoodhatewaste.com), 860,000 apples are thrown away each day in the UK. Use apples that are past their best in a purée or compote that can be swirled into smoothies, yogurt or porridge, or use them up in a cake, like the Dorset apple cake on bbcgoodfoodme.com.

► AIM FOR 5-A-DAY

Potatoes, the food item we most often over-buy (according to Love Food Hate Waste), don't count towards the five-a-day target. But, they're a good source of fibre – especially if you eat them with the peel left on.



LOVE YOUR FREEZER

Many ingredients can be frozen, and all BBC Good Food ME recipes are labelled with freezing instructions, if relevant. But, some foods aren't freezer-friendly. Read the tips below and our handy chart, right, for more on the dos and don'ts of freezing.

► **Freeze straightaway** If you're planning to freeze meat and fish, do this as soon as you get home. These are often the most expensive things you'll buy in a weekly shop, so it's good to store them before there's a chance they'll go off. If you have large packs, divide into portions using freezer bags.

► **Rotate what you want to eat if you change your mind** Made a meal plan? Even with the best intentions, you can sometimes go off track. Move items into the freezer if you won't eat them quickly enough.

► **Freeze bread** If you often find you're left with stale bread, freeze it in slices for toasting from frozen.

► **Don't waste milk** Even milk that is about to go out of date can be frozen in freezer bags. Next time you run out, simply defrost and use.

DO

- ✓ Butter and spreads (up to three months)
- ✓ Grated cheese (up to four months – use straight from frozen)
- ✓ Veg (best to buy frozen – freezing fresh veg at home is a slightly longer process, as it may need to be blanched first)
- ✓ Milk (up to one month – defrost in the fridge and shake well before using)
- ✓ Raw pastry (up to six months – defrost for 1 hr)
- ✓ Meat and poultry (portion these first)
- ✓ Fish and seafood (freeze whole or in portions)
- ✓ Most bread (up to three months)

DON'T

- ✗ Raw, shell-on eggs will expand and crack open
- ✗ Egg-based sauces, such as mayonnaise, will separate and curdle
- ✗ Veg with a high water content, such as lettuce, cucumber, beansprouts and radishes, go mushy
- ✗ Soft herbs, like parsley, basil and chives are fine for mixing into dishes, but won't be good for garnishing
- ✗ Hard-boiled eggs can go rubbery

BUY BIG & FREEZE FOR LATER

Buying eggs by the dozen usually works out cheaper. Freeze eggs in portions (you can beat them first) to use later. A large egg can be between 63-73g, which fits in the hole of a muffin tin.

Big bunches of fresh herbs like parsley, mint and coriander are cheaper than smaller packs. Separate the leaves and stalks and fill each muffin hole with leaves. Add water to cover and freeze. Add a frozen block to soups that you're going to blend - this size yields about 5g herbs and 80 ml water.

Save money by buying mince in large packs. Make it into a hamburger mix and pack into the holes of a muffin tin. Each will make 1 burger or 2-3 small meatballs. A healthy portion of red meat is 70g.

Sauce for one average pizza base or a single batch of pasta fits neatly in a muffin tin - this makes using up an opened carton of passata (or portioning it) much easier. Each hole holds 100ml.

If you buy large tubs of yogurt and think you can't use it in time, freeze it in portions in a clean muffin tin. Slide the frozen portions out and put them in a container to use from frozen, or defrost first. You'll fit 100ml in each.

Grate cheese and loosely pack into the holes of a muffin tin. There will be about 50g in each.



5 MEALS FOR TWO FROM ONE CHICKEN

Shopping list

1 large chicken
2 eggs
parmesan
12 small potatoes
1 thyme sprig,
or dried thyme
1 bay leaf
4 carrots
2 leeks
150g frozen peas
1150g frozen
broad beans
125g rice noodles
100g beansprouts
1 red pepper
1 bunch of
spring onions
50g peanuts
1 coriander plant
1 parsley plant
extra veg, for
the stir-fry
(see recipe,
right)
1 lemon
200g spinach
or kale
1 can anchovies
(optional)
jar of capers
handful of
green olives

Storecupboard

rapeseed oil
olive oil
chilli oil
soy sauce
sweet chilli sauce
tomato purée
curry powder
ketchup
200g pouch
brown rice
150g pasta



● A large, whole chicken can go a long way, and while many features like this suggest you start by roasting it, that often means you eat too much of the chicken on the first day, so you run out by the end of the week. Instead, poach the chicken, then portion it out to make it last. You could stretch this to feed three or four, but you'd have to add more veg to each meal and eat a smaller amount of chicken. These meals will work for lunchboxes as well as dinner.

● Buy a whole chicken and either cook as described in the recipe (see right), or ask your butcher to joint it. Buying a whole chicken is usually cheaper than buying pieces.

● A whole chicken also leaves you with a carcass, which you can use to make homemade stock.

START BY MAKING...

Poached chicken & veg

Heat the oven to 150C/130C fan/gas 2. Sit the **chicken**, breast-side up, in a large flameproof casserole dish and put **12 small potatoes** around it. Pour over **1 litre chicken stock**, add **1 thyme sprig** (or a pinch of **dried thyme**), **1 bay leaf** and some salt. Bring to a simmer, then cover and cook in the oven for 1 hr 15 mins. Add **4 carrots** and **2 leeks cut into chunks**.

Cover again and cook for 35 mins more. Put **150g frozen peas** and **150g frozen broad beans** (or any veg) around the chicken and return to the oven for 10-15 mins more, or until the vegetables are just cooked. Leave to stand for 5 mins, then carefully lift out the chicken. Taste the broth – if it's not strong enough, lift out the veg and boil until it's stronger. Carve the chicken and shred one of the breasts into the veg and broth. Crush the potatoes slightly and serve in bowls.

THEN TRY...

Peanut chicken noodles

Cook **125g rice noodles** following pack instructions, then add **two handfuls of beansprouts** and cook for 1 min. Drain. Whisk **1½ tbsp chilli sauce** with **2 tbsp soy sauce** and toss with the noodles, **½ shredded chicken breast**, **½ sliced pepper** and **2 sliced spring onions**. Scatter over **50g chopped peanuts**.

Egg-fried rice

Heat a **splash of oil** in a large frying pan and tip in **2 beaten eggs**. Swirl the pan to coat and cook until set. Tip onto a board, roll up, slice and set aside. Heat more oil, add **150g mixed sliced veg** (use the **spring onions, pepper** and **beansprouts**), **2 tsp curry powder** and a splash of water. Cook for 1-2 mins, then tip into a bowl. Add more oil, **300g rice** and **½ shredded chicken breast**. Mix well. Add **1 tbsp soy sauce**, **1 tbsp sweet chilli sauce**, **1 tbsp ketchup**, a splash of water and some black pepper. Add the veg and omelette and toss to warm through.

Chicken thighs with brown rice & salsa verde

Blitz a **large handful each of coriander and parsley** with **1 anchovy fillet** (if using), **½ tbsp capers**, the **juice of ½ zested lemon** (reserve the zest), **1½ tbsp rapeseed oil** and some seasoning in a food processor. Reheat 2 chicken thighs and cook a **200g pouch brown rice**. Add **200g trimmed spinach or kale** and the **lemon zest**, toss and warm through. Spoon over the salsa verde.

Pasta with chicken, capers & olives

Cook **150g pasta** until al dente. Shred the meat from **2 chicken legs** and the carcass. Heat **2 tbsp olive oil** in a small frying pan and fry **2 tbsp capers** and **2 chopped anchovies** (if using). Add a **handful of pitted and halved green olives** and the meat. Warm through. Add the pasta and season. Serve with chilli oil and parmesan.

FROM FARM TO PLATE WITH SILVER FERN FARMS

New Zealand is one of the few countries in the world where grass-fed farming can reach its true potential. At Silver Fern Farms animals are raised as nature intended, with utmost care and respect at every step of the journey

The next time you buy a piece of beef or lamb, consider the origin before adding the selection to your cart. New Zealand's climate, clean air and abundance of pure water fuels year-round growth of green pastures, making the land ideal for grass-fed farming.

At Silver Fern Farms, animals are raised to the highest animal welfare standards on a grass-fed diet and are allowed to wander around freely. While we rarely pay attention to farming practices, it's great to know that Silver Fern Farms follow internationally recognised principles of the five freedoms for better animal health and welfare practices. All their animals have freedom from hunger and thirst; from discomfort; from pain, from injury or disease; from fear and distress, and are allowed to express normal behaviour.

Why does this matter to the general consumer? In following these values, less stress is placed on animals, which results in results in high-quality, tender meat.

In addition to this, Silver Fern Farms support local farmers - hailed as the guardians of their land and environment - to

meet the highest standards of farm management through FarmIQ technology. This allows farmers to record, report and analyse every aspect of an animal's life. The use of Hormone Growth Promotants (HGP) is strictly regulated in New Zealand, and Silver Fern Farms has a policy not to process any HGP treated animals, which means none of their products contain added growth hormones, making it a sustainable choice for those looking to eat clean. The production process is also tested and audited to ensure they meet the highest standards

SHOP CONSCIOUSLY

Now that you can trust and depend on the quality of Silver Fern Farms products, enjoy the finest grass-fed meat varieties, from farm to plate. Expect lean, trimmed and boneless beef and lamb cuts that are vacuum-packed to lock in flavour and retain freshness. Steaks, medallions, loin fillets, rump and stir-fry are some of the options for lamb. To make the most out of winter in the UAE, fire up the grill for tender beef eye fillet steaks, medallions or flat-iron steaks. The assortment also includes a juicy beef brisket with spice rub and ready stir-fry strips for weeknight suppers.

Available at Prime Gourmet, Carrefour, Lulu Hypermarkets, La Carne, Park N Shop and Kibsons.



100% MADE OF NEW ZEALAND

NATHAN'S FAMOUS ARRIVES IN THE UAE

The American brand serving New York classics for over 100 years, has expanded to the country and broadened its product offerings with the launch of Halal Nathan's Famous products

Admit it! Every time you watch a holiday movie or TV show set in New York, where they're munching on loaded hot dogs, cheesesteak sandwiches overflowing with fillings, and juicy burgers, you get serious cravings.

Fortunately, we no longer have to wait for a trip to New York. The renowned Nathan's Famous, Inc., recently launched in the UAE through a partnership with Mezzan Holding KSC, one of the largest manufacturers and distributors of food, beverage, FMCG and pharmaceutical products in the Gulf.

The partnership was solidified with the unveiling of their all-time favourite Nathan's Famous hot dog, followed by the New York cheesesteak by Pat LaFrieda. Nathan's Famous introduced the New York Cheesesteak by Pat LaFrieda to the New York area in October 2019 and has since expanded to their restaurants across the country.

In the UAE, Mezzan Holding KSC subsidiary, Khazan Meat Factory, are producing Halal certified Pat LaFrieda premium quality black Angus ribeye. The sandwich is topped with caramelized onions, LaFrieda's Butcher Reserve Steak Sauce and American cheese, all filled into an artisan baguette to create the perfect cheesesteak. We guarantee you, it will sate all cravings for the ultimate sandwich.

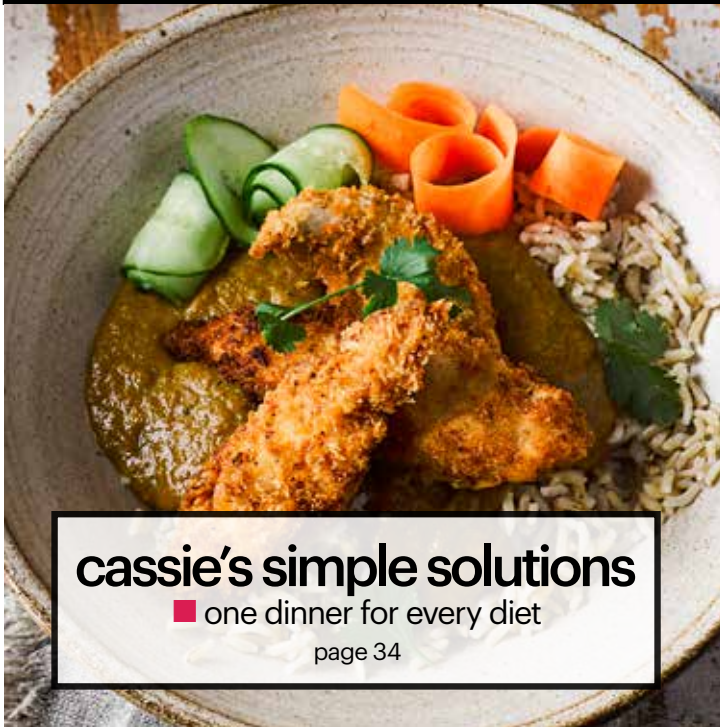
To suit the Middle Eastern market, alterations have been made to certain menu items. Currently, all products meet the highest Halal and local health standards. Beyond that, the same high-quality menu items are available on their menu, so you may recognize a few dishes if you stopped by the outpost in New York City.

Ready to order? Everything from Nathan's Famous classic hot dogs to traditional steak sandwiches are available through Zomato, Deliveroo, Careem and Talabat.



easy

Delicious, simple,
and easy-to-
make recipes



cassie's simple solutions

■ one dinner for every diet
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budget-friendly

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take the biscuit

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miriam's seasonal highlights

january notes

BBC Good Food's **Miriam Nice** shares top tips to shop, cook and eat the best of the season



Miriam Nice is a published author and illustrator. She has written over 350 recipes for BBC Good Food. [Twitter](#) [Instagram](#) @miriamjsnice

If January was a place, I think it would be the Hamburg Fish Market. That might sound odd, but hear me out. The German market starts early in the morning (we're talking 5am on a Sunday kind of early) and closes for the day by 9:30am. Because of its opening hours, it has a fascinating juxtaposition of customers. Side by side you get the early birds – starting their Sunday by stocking up on fish for the week ahead, perhaps selecting a bunch of fresh flowers – and the all-nighters; party animals in search of coffee, food and some live music on their way home from a Saturday night on the town. January is much the same: it's a month of resolutions, fresh starts and campaigns such as Veganuary, but at the same time, it has the dregs of festive cheer, fridges are full of leftovers and there are still celebrations like Burns Night to look forward to. Whether you're keeping to resolutions or embracing the revelry, I hope these seasonal ideas – each with a lighter or more indulgent twist – inspire you this month.

And no, I won't tell you which type of customer I was at the Hamburg Fish Market. You'll just have to guess.

Dates for your diary

Shortbread Day

6 January is the day to bake – and eat – shortbread. Visit bbcgoodfoodme.com for recipes.

Burns Night

Celebrate the life and works of poet Robert Burns with haggis, neeps and tatties. Head to bbcgoodfoodme.com for recipes to try on 25 January.

Jerusalem artichokes

This vegetable has a curious and rather unhelpful name as it's neither from Jerusalem nor, in fact, an artichoke – it's actually a tuber of a variety of sunflower. Lumpy ones are fine, but avoid ones that are bruised or squishy. Use them in this smooth, comforting soup from contributing editor and BBC chef Tom Kerridge.

Truffled Jerusalem artichoke soup

For a lighter option, switch out the double cream for semi-skimmed or dairy-free milk. For added indulgence, top with lightly fried leftover roast goose or turkey.

Heat **50g butter** in a large saucepan. Fry **2 sliced onions** and **1kg peeled, sliced artichokes** for 10 mins until the artichokes have softened. Add **1 litre chicken stock** and bring to the boil, then reduce the heat to a simmer, cooking for 15-20 mins until the artichokes are very tender. Tip everything into a food processor with **100ml double cream** and purée until smooth. Season with **a few drops of truffle oil** and some salt. Transfer to a saucepan to keep warm (or reheat when needed). *Serves 4.*

gf tip

This soup uses peeled artichokes for a smooth texture and pleasant colour, but many recipes will suggest just scrubbing them and leaving the skin on.

in season
November to March



Savoy cabbage

Look for Savoy cabbages with plenty of crisp, dimpled leaves. Ones with lots of darker leaves on the outside are likely to be fresher.

Creamy lemon & cabbage pasta

For a cosy meal for two, serve with white wine and follow with a lemon tart. Alternatively, serve alongside a warm kale salad and the same quantities will easily stretch to a light but impressive lunch for four.

Heat oven to 200C/180C fan/gas 6. Mix **2 handfuls breadcrumbs** with **1½ tbsp olive oil** and **1 chopped garlic clove**. Season, then spread out on a baking tray and cook for 8 mins. Cook **200g penne pasta** in a pan of boiling water until al dente. Meanwhile, heat **1½ tbsp olive oil** in a frying pan. Add **1 chopped onion** and **2 chopped garlic cloves**, season and cook for 4 mins until golden. Add **125ml non-alcoholic white wine** and the **zest of ½ lemon**. Reduce for a few mins, then add **140g crème fraîche** and take off the heat. Slice **½ small Savoy cabbage** and add to the pasta for the last 3 mins of cooking. Drain and return to the pan, then stir in the creamy sauce. Top with the breadcrumbs. *Serves 2.*



in season
August to
March

in season
December
to April

cauliflower

Don't chuck out cauliflower leaves – they can be used similarly to cabbage. Remove the central stem, shred the leaves and cook.

Roasted spiced cauliflower

For a lighter option, serve on a chickpea or lentil salad with parsley and lemon juice. For added indulgence, spoon into a warm pitta bread with hummus, chilli sauce, feta and pickled vegetables.

Heat oven to 180C/160C fan/gas 4. Mix **1 tsp spice mix like ras el hanout** (or mild curry powder), **1 crushed garlic clove**, **¼ tsp cinnamon**, **½ tsp smoked paprika**, **1 tsp oil** and **170g Greek yogurt**. Remove the leaves and base of the stalk from **1 cauliflower**. Sit the cauliflower in a large roasting tin and rub with the yogurt mixture, then pour **100ml water** into the tin. Cover with foil and bake for 45 mins. Remove the foil and cook for 10–15 mins more. To serve, carve the cauliflower into eight wedges. *Serves 4.*

gf tip

The best way to make cauliflower rice is to blitz the florets in a food processor until they resemble couscous grains, then evenly spread out on a baking sheet. Drizzle with olive oil and roast at 200C/180C fan/gas 6 for 12–15 mins. We taste tested various methods in the Good Food kitchen and this was the tastiest – see the results at bbcgoodfoodme.com.



shallots

Usually just a supporting part in a recipe, shallots make a great side dish in their own right – they're ideal for winter months when fresh produce is limited.

Roasted shallots with olives & bay

Serve with a pea and pearl barley risotto for a lighter option or, for added indulgence, serve with sausages and mash.

Heat oven to 200C/180C fan/gas 6. Put **500g shallots** in a bowl and cover with boiling water. Leave for 5 mins, then drain and peel. Halve any larger shallots. Tip into a shallow ovenproof dish and add **4 bay leaves**, **3 tbsp olive oil** and **2 tbsp balsamic vinegar**. Season, mix well and bake, uncovered, for 30–35 mins. Stir halfway through and add a **handful black olives**. *Serves 4.*

gf tip

Covering shallots in boiling water before peeling them makes prepping a large amount a total cinch as the skins slide off easily.


in season
All year



For more seasonal recipes, visit bbcgoodfoodme.com

Curried kale & chickpea soup

SERVES 2 **PREP** 10 mins

COOK 25 mins **EASY** 

1 tsp rapeseed or coconut oil
1 onion, chopped
1 tbsp grated ginger
2 garlic cloves, crushed
1 sweet potato (about 200g), peeled and cut into 2cm cubes
1 tsp turmeric
2 tsp ground cumin
2 tbsp medium or hot curry powder
400g can chickpeas, rinsed
150ml low-fat coconut milk
500ml vegetable stock (see tip, right)
160g kale, chopped
1 lime, juiced
1 red chilli, finely chopped (optional)

1 Heat the oil in a large pan and fry the onion for 5 mins. Add the ginger and garlic, fry for 1 min more, then stir in the sweet potato, spices and chickpeas. Cook for another 5 mins, adding a little water if the spices stick to the pan.

2 Pour in the coconut milk and 400ml of the stock, then bring to a simmer and cook for 8 mins. Season, then transfer a quarter of the soup to a blender and whizz until smooth. Pour in the reserved stock to loosen, if needed, then add back to the pan with the remaining soup. Stir in the kale and cook for 5 mins. Add the lime juice, then ladle into bowls and scatter over the chilli, if you like.

GOOD TO KNOW healthy • low cal • low fat • calcium • iron • vit c • fibre • folate • 2 of 5-a-day

PER SERVING 336 kcals • fat 10g • saturates 5g • carbs 40g • sugars 9g • fibre 10g • protein 16g • salt 0.9g

gf tip

For a creamier soup, swap 250ml of the vegetable stock for another 250ml coconut milk.

easiest ever midweek meals

Make everyday meals a little cheaper with these budget-friendly, satisfying dinners

recipes ANNA GLOVER *photographs* MIKE ENGLISH

Carrot pilaf with coriander chutney

SERVES 4 **PREP** 15 mins
COOK 35 mins **EASY** **V**

2 tbsp rapeseed oil
1 large onion, finely sliced
2 tbsp grated ginger
2 green chillies, sliced
2 garlic cloves, crushed
2 tsp coriander seeds, crushed
4 cardamom pods, bruised
½ cinnamon stick
1 tbsp garam masala
400g carrots, peeled and ½ coarsely grated, ½ sliced on an angle
300g basmati rice, rinsed well
600ml hot vegetable stock
large bunch of coriander, finely chopped (stalks included)
60g cashews, toasted and chopped

1 Heat the oil in a large pan that has a tight-fitting lid. Fry the onions with a pinch of salt over a medium heat for 10-15 mins until golden and crisp. Remove from the pan with a slotted spoon and drain on kitchen paper, leaving the oil in the pan.

2 Add half the ginger, half the chilli, all the garlic, spices, and both types of carrots to the pan, and fry for 6-8 mins until the carrot slices are starting to turn golden. Add the rice, stir briefly, then add the stock, a handful of the coriander, a good pinch of salt and grinding of black pepper. Bring to a simmer, and as soon as it starts to boil, turn the heat down to low, cover with a lid and leave to cook for 12-15 mins.

3 Meanwhile, put the remaining ginger and green chilli, most of the cashews and most of the remaining coriander in a small blender with 50ml water. Blend until smooth, adding another 2-3 tbsp water, if needed, to make a spoonable sauce.

4 When all the liquid has been absorbed into the pilaf and the rice is tender, fluff up the grains with a fork. Spoon over the coriander chutney, and sprinkle with the fried onions, reserved coriander and remaining cashews to serve.

GOOD TO KNOW healthy • low cal • fibre • 2 of 5-a-day
PER SERVING 489 kcals • fat 16g • saturates 2g •
carbs 69g • sugars 12g • fibre 9g • protein 12g •
salt 1.2g



Baked eggs with beans, mushrooms, tarragon & crème fraîche

SERVES 2 **PREP** 10 mins
COOK 20 mins **EASY** **V**

2 tsp olive oil
1 shallot or ½ onion, finely sliced
250g chestnut or button mushrooms, sliced
2 garlic cloves, 1 crushed, 1 halved
½ small bunch of tarragon, finely chopped
400g can cannellini or haricot beans, drained and rinsed
50g reduced-fat crème fraîche
2 large eggs

2 slices sourdough or bloomer
100g natural yogurt

1 Heat half the olive oil in a large frying pan and fry the shallot for 5 mins until softened. Tip in the mushrooms, turn up the heat, and fry for 5-10 mins until all the liquid released from the mushrooms has evaporated and they're turning golden around the edges.

2 Add the crushed garlic and fry for another 30 seconds, then stir in most of the tarragon, the beans, crème fraîche, 1 tbsp water and some seasoning.

3 Use a spoon to make two dips in the mushroom and bean mix, and

crack the eggs into them. Turn the heat to low and cover with a lid or a large baking sheet. Cook for about 6-8 mins until the egg whites are cooked and the yolks are still runny.

4 Meanwhile, toast the bread and rub lightly with the halved garlic clove. Brush or drizzle with the remaining oil. Top the mushrooms and beans with teaspoonfuls of the yogurt, then sprinkle over the reserved tarragon. Serve with the garlic bread.


GOOD TO KNOW healthy • folate • iron • fibre •
3 of 5-a-day

PER SERVING 513 kcal • fat 16g • saturates 6g •
carbs 56g • sugars 10g • fibre 11g • protein 30g •
salt 1.4g



Sticky hoisin pork fillet with sesame greens & noodles

SERVES 4 **PREP** 10 mins

COOK 35 mins **EASY** 

4 tbsp hoisin sauce, plus extra to serve
1 pork fillet (about 400g), fat and sinew trimmed
4 egg noodle nests
3 tsp sesame oil
300g kale, spring greens or swiss chard, chopped
100g spring onions, sliced
200g frozen podded edamame beans or peas, defrosted
1 tbsp sesame seeds
2 tsp low-salt soy sauce
1 tbsp rice vinegar

1 Heat the oven to 220C/200C fan/gas 7. Brush the hoisin all over the pork and transfer to a foil-lined baking tray. Roast, basting every 10 mins, for 25-30 mins until cooked through. Remove from the oven and leave to rest for 5 mins.

2 Meanwhile, cook the egg noodles following pack instructions, drain, then toss with 1 tsp sesame oil to stop them sticking together. Heat the remaining sesame oil in a wok or large frying pan, and fry the greens for 4 mins, adding a splash of water to help soften the stalks. Add most of the spring onions and all the edamame beans. Fry for another 2 mins until the greens are tender, then stir in the sesame seeds, soy sauce and rice vinegar. Toss everything to coat well.

3 Cut the pork into thick slices and serve with the noodles, sesame greens and remaining spring onions sprinkled over the top. Serve with more hoisin sauce, if you like.

GOOD TO KNOW balanced • low cal • low fat • calcium • iron • folate • vit c • fibre • 2 of 5-a-day
PER SERVING 451 kJ • fat 9g • saturates 2g • carbs 52g • sugars 10g • fibre 10g • protein 35g • salt 1.5g



Tuna, caper & chilli spaghetti

SERVES 2 **PREP** 10 mins

COOK 15 mins **EASY**

150g spaghetti or linguine
1 tbsp olive oil
1 garlic clove, sliced
1 red chilli, deseeded and finely chopped, plus extra to serve (optional)
1 tbsp drained capers
small bunch parsley, finely chopped (stalks included)
145g tuna in spring water, drained
90g rocket or baby spinach leaves
½ lemon, juiced

1 Cook the spaghetti for 9–11 mins in a large pan of well-salted water until al dente.

2 Heat the oil in a wide frying pan over a very low heat, and gently cook the garlic and chilli to infuse the oil. Remove from the heat if the garlic is turning past light golden, as this will make it bitter.

3 Drain the pasta, keeping a cupful of the cooking water, and tip the spaghetti into the frying pan. Toss the pasta in the oil over a low heat, adding a little of the pasta water to emulsify into a sauce that coats the pasta, then fold in the capers, parsley, tuna and some seasoning. Don't stir too vigorously – you want to keep larger chunks of tuna. Toss the rocket and lemon juice through the spaghetti, and serve with extra chilli scattered over, if you like.

GOOD TO KNOW healthy • low cal • low fat • folate • vit c • 1 of 5-a-day

PER SERVING 409 kcal • fat 9g • saturates 1g • carbs 57g • sugars 2g • fibre 5g • protein 23g • salt 0.4g





Mustard chicken & leek one pot

SERVES 4 **PREP 10 mins**
COOK 35 mins **EASY** ✨

2 tsp olive oil
4 chicken thighs
2 large or 3 medium leeks, washed, trimmed and thickly sliced
4 large potatoes, chopped into 3cm cubes, or 600g new potatoes, halved
600ml low-salt chicken stock
½ small bunch of thyme
2 tbsp Dijon or wholegrain mustard
125ml reduced-fat crème fraîche
320g frozen peas or broad beans
1 tbsp plain flour (optional)

1 Heat the oil in a wide casserole dish over a medium-high heat, and season the chicken all over. Cook the chicken on all sides until the skin is crisp and golden brown (they don't need to be cooked through at this point). Transfer to a plate.
2 Discard all of the fat in the pan except about 1 tsp, and fry the leeks

for 5-6 mins until starting to turn bright green and tender. Add a splash of water if the leeks are beginning to turn golden. Scoop out and set aside with the chicken.
3 Tip the potatoes into the pan, then pour over the chicken stock and nestle in the thyme. Cook, uncovered, over a high heat for 10 mins, then reduce the heat to medium. Stir in the mustard, crème fraîche, peas and leeks. Nestle the chicken back into the pan, so it's mostly covered by the sauce.
4 Put on the lid and cook for about 20-25 mins until the chicken is cooked through and the potatoes are tender. If you prefer a thicker sauce, mix the flour in a small bowl with 2 tbsp cold water. Stir into the sauce and simmer with the lid off for 2-3 mins more until the sauce thickens. Grind over some black pepper to serve.

GOOD TO KNOW balanced • low cal • folate • vit c • fibre • 2 of 5-a-day
PER SERVING 453 kcals • fat 15g • saturates 6g • carbs 52g • sugars 10g • fibre 11g • protein 21g • salt 1.2g



Speedy butternut squash barley 'risotto'

SERVES 2 **PREP 10 mins**
COOK 20 mins **EASY** V

2 tsp olive oil
1 large shallot or small onion, finely chopped
300g squash or pumpkin, cut into 1cm cubes
2 garlic cloves, crushed
small handful of sage leaves, finely chopped
½ tsp ground mace or a good grating of nutmeg
160g spinach leaves
2 x 400g cans barley in water, drained
300ml hot vegetable stock
40g parmesan or vegetarian alternative, finely grated

1 Heat the oil in a deep frying pan over a medium heat, and fry the shallot with a pinch of salt for 5 mins until soft. Add the squash, garlic, sage and mace, and fry, stirring continually, for another 6-8 mins until the squash is starting to soften and the garlic is fragrant.

2 Tip in the spinach and barley with some seasoning and the stock. Bring to a simmer and cook for 4-5 mins until the spinach has wilted. Add a splash more stock or water, if you like. When the 'risotto' is thick and creamy, taste to see if it needs a little more mace or nutmeg and seasoning. Stir in most of the parmesan, then top with the remaining parmesan and grind over some black pepper to serve.

GOOD TO KNOW healthy • low cal • low fat • calcium • vit c • folate • fibre • 2 of 5-a-day
PER SERVING 336 kcals • fat 10g • saturates 5g • carbs 40g • sugars 9g • fibre 10g • protein 16g • salt 0.9g

gf tip

If you want to use dried pearled barley, cook 200g pearl barley in boiling salted water for 50 mins to 1 hr until tender with just a little firmness to the middle of the grains. Drain and rinse, then it's ready for use in this recipe. You can also cook it for 10-15 mins in a pressure cooker, if you prefer.

cassie's simple solutions

one dinner for every diet



BBC Good Food's Senior food editor **Cassie Best** solves your midweek cooking dilemmas with new simple recipe ideas

photograph SAM STOWELL

the dilemma

Different dietary requirements mean we're all eating different meals. How can I avoid cooking multiple dishes every night?

the solution

This dish can be vegan or include meat, and is allergy-friendly so you can all sit down to one dish come dinner time.

Feeding a family with a variety of dietary requirements can be tricky. At home, I have to juggle a fussy toddler with a handful of allergies, and a husband with another set altogether. This is nothing compared to some families I know. Throw in vegan or vegetarian preferences, and 'he likes rice, she likes potatoes' scenarios and you're headed for a four-dish cook-a-thon, which is not ideal after a busy day. If you find yourself in such a situation, this versatile recipe will help you out. It's naturally gluten-, egg-, dairy- and nut-free, and it can also be made vegan by simply swapping the type of protein, meaning you can all eat together as a family and enjoy what is almost the same dish.

As-you-like-it katsu curry

SERVES 4 PREP 25 mins

COOK 40 mins EASY ✨

4 tbsp rapeseed or vegetable oil
2 x 200g pouches cooked rice (we used brown basmati)

½ large cucumber, peeled into ribbons
handful mint or coriander leaves, or both
lime wedges, to serve

For the sauce

1 tbsp rapeseed or vegetable oil
2 onions, chopped
2 large carrots, chopped, plus 1 peeled into ribbons
2 garlic cloves, crushed
thumb-sized piece ginger, peeled and grated or finely chopped
1 tbsp curry powder, mild or medium depending on your spice tolerance
½ tsp ground turmeric

400ml can coconut milk
2 tsp maple syrup (or use honey if not cooking for vegans)

For the katsu

1 tbsp cornflour
8 chicken mini fillets, or a 280-300g block firm tofu, or half and half
200g fine breadcrumbs (gluten-free if necessary)

1 First, make the curry sauce. Heat 1 tbsp oil in a pan, cook the onions and chopped carrots until the onions are soft and starting to caramelise, about 8 mins. Add the garlic and ginger and sizzle for another 30 secs, then stir in the curry powder and turmeric. Once the spices are warmed through, add the coconut milk, maple syrup or honey and 100ml water. Season well, cover and simmer over a low heat for 20 mins.

2 Now make the katsu. In a wide bowl, mix the cornflour with 4 tbsp water and some seasoning. Dip the

chicken or tofu into the flour mixture (if cooking for both vegans and meat eaters, make sure you dip the tofu first to avoid mixing it with meat). Place the breadcrumbs in another bowl and dip the chicken or tofu in it, turning until well coated.

3 When the onions and carrots in the curry sauce are soft, blitz using a hand or table-top blender. If the sauce is too thick, add a little more water, check the seasoning adding more salt, maple syrup or some lime juice, if you like. Keep warm.

4 Heat the oil in a frying pan and cook the chicken or tofu for 4-5 mins on each side until golden and cooked through. Warm the rice and divide between bowls. Top with the curry sauce, katsu chicken or tofu, and serve with the cucumber, carrot ribbons, herbs and lime wedges.

GOOD TO KNOW fibre • 1 of 5-a-day

PER SERVING 743 kJ • fat 32g • saturates 16g • carbs 80g • sugars 14g • fibre 6g • protein 29g • salt 1.4g



gf tips

Make a batch

Katsu curry is a wonderful batch cook recipe. Double the quantities for the curry sauce and katsu chicken or tofu and freeze separately for up to two months. Defrost the protein overnight in the fridge before cooking, and either defrost the sauce in the microwave or fridge before warming through. Keep some packets of cooked rice in the cupboard and you'll have dinner on standby whenever you need it.

Cooking for little tums?

This is a great dish for babies and toddlers who are getting used to solids. Use mild curry powder and reduce the amount to 1 tsp. Chop the chicken or tofu into little nuggets and serve the carrot and cucumber in slim batons.

Easy way to 5-a-day

Swap the tofu for thin slices of aubergine to increase your veg intake and stir 1 tbsp of peanut butter into the sauce for added protein.

TAKE THE *BISCUIT*

Fill the tin or cookie jar for whenever you need a pick-me-up, or package these with ribbon for a lovely homemade gift



Chocolate fudge crinkle biscuits

MAKES 35-40 mini biscuits

PREP 20 mins plus optional 1 hr

chilling **COOK** 10 mins **EASY** V*

60g cocoa powder, sieved

200g caster sugar

60ml vegetable oil

2 large eggs

180g plain flour

1 tsp baking powder

70g icing sugar

1 Mix the cocoa, caster sugar and oil together in a large bowl. Add the eggs one at a time, whisking until fully combined.

2 Stir the flour, baking powder and a pinch of salt together in a separate bowl, then add to the cocoa mixture and mix until a soft dough forms. If it feels soft, transfer to the fridge and chill for 1 hr. Heat the oven to 190C/170C fan/gas 5. Tip the icing sugar into a shallow dish. Form a heaped teaspoon of the dough into a ball, then roll in the sugar to coat. Repeat with the remaining dough, then put, evenly spaced, on a baking tray lined with baking parchment.

3 Bake in the centre of the oven for 10 mins. Transfer to a wire rack and leave to cool. *Will keep for four days in a biscuit tin.*

PER SERVING (40) 67 kcal • fat 2g • saturates 0.4g • carbs 10g • sugars 7g • fibre 0.4g • protein 1g • salt 0.04g



Chewy chocolate chip cookies

MAKES 12 **PREP** 10 mins plus optional overnight chilling

COOK 10 mins **EASY** V*

150g butter, softened

150g soft brown sugar or golden caster sugar (ideally half of each)

1 egg

1 tsp vanilla extract

180-200g plain flour

1/2 tsp baking powder

200g chocolate chips or chopped chocolate

1 Mix the butter and sugar together using an electric whisk or hand whisk until very light and fluffy, then beat in the egg and vanilla. Quickly fold in the flour, baking powder, chocolate and 1/2 tsp salt. Don't overwork the dough as this will toughen the cookies. For best results, cover the bowl and chill

overnight, or roll into balls (see step 3) before covering and putting in the fridge to chill.

2 Heat the oven to 180C/160C fan/gas 4 and line two baking sheets with parchment. Divide the mixture into balls, the craggier the balls, the rougher the cookies will look. If you want to give the dough more texture, tear the balls in half and squidge them lightly back together. Space out evenly on the baking sheets, leaving enough space between each to allow for spreading.

3 Bake for 8-10 mins or 10-12 mins from chilled until browned and a little crisp at the edges but still very soft in the middle – they will harden a little as they cool. Leave to cool on the tray for a few minutes before eating warm, or transfer to a wire rack to cool completely. *Will keep for three days in an airtight container.*

PER SERVING 299 kcal • fat 17g • saturates 10g • carbs 31g • sugars 18g • fibre 2g • protein 3g • salt 0.4g



Empire biscuits

MAKES 12-14 **PREP** 35 mins
plus chilling **COOK** 12 mins
EASY V * uniced

175g plain flour, plus extra
for dusting
100g cold salted butter, cut
into cubes
335g icing sugar
½ tsp vanilla extract
2 medium egg yolks
50g glacé cherries, quartered
100g raspberry jam

1 Put the flour, butter, 85g of the icing sugar, the vanilla and egg yolks in a food processor and pulse in bursts until combined. Alternatively, rub together the butter and flour with your fingertips and mix in the sugar, vanilla and egg yolks. Add ½ tbsp water if the mixture feels a little dry. Tip the rough mixture onto a work surface and briefly knead until it comes together as a dough. Wrap and chill in the fridge for about 30 mins.

2 Heat the oven to 180C/160C fan/gas 4. Line two baking sheets with baking parchment. Lightly dust your work surface with flour and roll the dough out to a thickness of around 3mm. Cut 24 rounds from the dough with a 7cm cutter. Bring the remaining scraps of pastry together and reroll to make more biscuits. Arrange the discs of dough on the baking sheets, spaced apart, then bake for 10-12 mins until lightly golden brown around the edges. Transfer to a wire rack and leave to cool completely.

3 Mix the remaining icing sugar with 2-3 tsp of water to make a very thick icing. Spoon or pipe the icing over half of the biscuits, leaving a border around the edge of each one. Top with a small piece of glacé cherry, then leave to set for 30 mins. Spread the jam over the un-iced biscuits and sandwich together with the iced halves. *Will keep for two days in an airtight container.*

PER SERVING (14) 305 kcal • fat 7g • saturates 4g •
carbs 59g • sugars 46g • fibre 1g • protein 2g •
salt 0.2g



Double ginger cookies

These American-style cookies are a combination of dark chocolate, ground ginger and chunks of stem ginger. You can freeze half the dough once you've shaped it, then thaw, slice and bake on another occasion. If you prefer classic ginger nuts, shape the dough to make smaller biscuits and leave out the stem ginger and chocolate.

MAKES 24 **PREP** 20 mins plus chilling
COOK 12 mins **EASY** V * dough or
without chocolate

350g plain flour
1 tbsp ground ginger
1 tsp bicarbonate of soda
175g light muscovado sugar
100g butter, chopped
8 pieces of stem ginger, chopped,
plus thin slices, to decorate
1 large egg
4 tbsp golden syrup
200g bar dark chocolate, chopped

1 Mix the flour, ground ginger, bicarb, ½ tsp salt and sugar in a bowl, then rub in the butter to make crumbs. Stir in the chopped ginger.

2 Beat together the egg and syrup. Pour into the dry ingredients and stir, then knead with your hands to make a dough. Cut the dough in half and shape each piece into a thick sausage about 6cm across, making sure the ends are straight. Wrap and chill for 20 mins. *Will keep frozen for two months.*

3 Heat the oven to 180C/160C fan/gas 4 and line two baking sheets with baking parchment. Thickly slice each sausage into 12 discs and put on the baking sheets, spacing them well apart and reshaping any, if necessary, to make rounds. Bake for 12 mins, then leave to cool for a few minutes before transferring to a wire rack to cool completely.
4 Melt the chocolate in a bowl over a pan of gently simmering water, making sure that the water isn't touching the bottom of the bowl. Dip half of each cookie into the chocolate. Decorate with a slice of ginger and leave to set. *Will keep for one week in an airtight container.*

PER COOKIE 180 kcal • fat 7g • saturates 4g •
carbs 25g • sugars 13g • fibre 2g • protein 2g •
salt 0.2g

WEEKEND

Mouthwatering dishes to dig into with your family and friends over the weekend



TOM KERRIDGE

A new twist on Wellington, p50



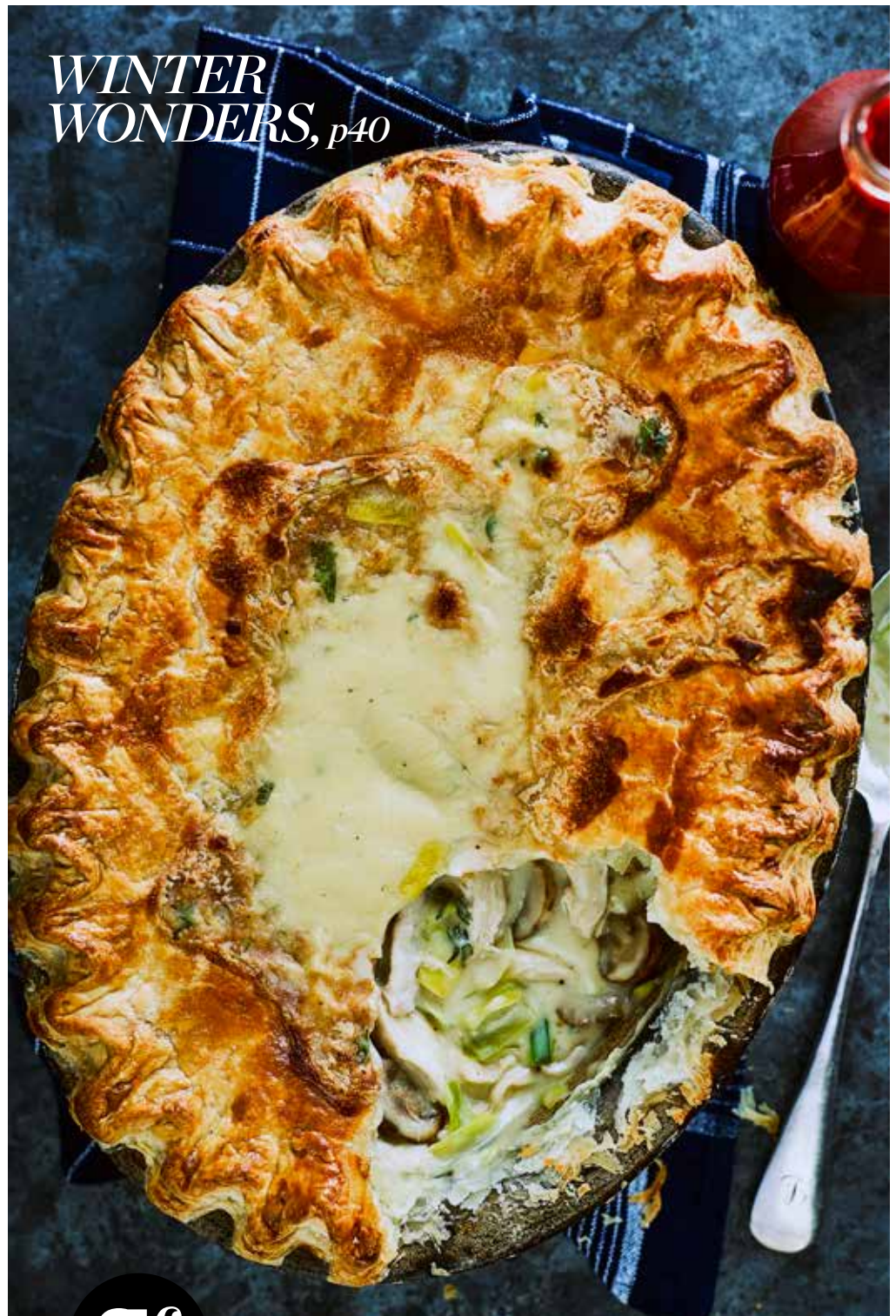
COOK WITH CONFIDENCE

Pressure cooking, p56



WEEKEND BAKE

Bread with bite, p57



**WINTER
WONDERS, p40**



winter wonders

Make the most of the season's produce with these vibrant recipes, perfect for brightening up those gloomy evenings



Baked sweet potatoes with lentils
& red cabbage slaw



Sherried sprout & Savoy gratin

Baked sweet potatoes with lentils & red cabbage slaw

This vegetarian main is rich in calcium and iron, with a colourful coleslaw that makes the plate pop.

SERVES 2 **PREP** 20 mins
COOK 40 mins **EASY** **V**

2 sweet potatoes (about 175g), washed and patted dry
1 tbsp cold pressed rapeseed oil
1 medium onion, finely sliced
2 garlic cloves, crushed
thumb-sized piece ginger, peeled and finely grated
1 long green chilli, finely chopped (and deseeded if you don't want it too hot)
2 tsp ground cumin
2 tsp ground coriander
85g split red lentils
½ lemon, zested plus 2 tbsp juice
2 medium-large tomatoes, roughly chopped
½ small pack coriander, roughly chopped, plus a few sprigs to garnish
4 tbsp natural yogurt
lemon wedges, to serve (optional)
For the red cabbage slaw
2 tbsp extra virgin olive oil
2 tsp lemon juice

¼ small red cabbage, cored and very finely sliced
1 medium carrot, peeled and coarsely grated
2 spring onions, finely sliced
25g sultanas
1 tbsp mixed seeds, such as sunflower, pumpkin, sesame and linseed

1 Heat oven to 220C/200C fan/gas 7. Put the sweet potatoes on a baking tray and bake for 40 mins, or until soft. Meanwhile, heat the oil in a large non-stick saucepan over a medium-high heat. Fry the onion for 3-5 mins, or until pale golden brown, stirring continuously to make sure it doesn't burn. Add the garlic, ginger, chilli and spices and cook for a few seconds, stirring continuously.
2 Add the lentils to the pan and cover with 400ml water. Stir well and bring to the boil. Use a spoon to skim off any foam that rises to the surface. Add ½ tsp flaked sea salt, the lemon zest and 1 tbsp of the lemon juice, then stir well and reduce the heat to low.
3 Loosely cover the pan with a lid and leave to simmer gently for 20 mins, stirring occasionally,

until the lentils are tender. Add the tomatoes, coriander and the remaining lemon juice and cook for a further 5 mins, stirring continuously. If the lentils thicken too much, add a splash of water. Season to taste.

4 To make the red cabbage slaw, whisk the oil and lemon juice in a large bowl and season with lots of ground black pepper. Add the cabbage, carrot, spring onions, sultanas and seeds, then toss well.
5 Split the potatoes in half and fill with the lentils. Spoon over the yogurt, garnish with the coriander and serve with the coleslaw and lemon wedges, if you like.

GOOD TO KNOW calcium • folate • fibre • vit c • iron
• 5 of 5-a-day • gluten free
PER SERVING 752 kJ • fat 24g • saturates 4g • carbs 100g • sugars 53g • fibre 17g • protein 23g • salt 1.8g

Sherried sprout & Savoy gratin

Serve this festive-inspired gratin featuring nutmeg and Brussels sprouts.

SERVES 10 **PREP** 10 mins
COOK 40 mins **EASY**

1 large Savoy cabbage, cut into 10 wedges
400g Brussels sprouts, trimmed
3 tbsp olive oil
2 large garlic cloves, chopped
4 thyme sprigs, leaves picked
75g butter
75g plain flour
150ml red wine vinegar or non-alcoholic red grape

600ml whole milk
300ml double cream
nutmeg, grated
60g dried breadcrumbs
60g hard cheese, grated (parmesan, comté or pecorino work well)

1 Heat oven to 200C/180C fan/gas 6. Put the cabbage and sprouts in a large gratin dish and toss with the oil, garlic and thyme. Season well, then roast for 25 mins.
2 Meanwhile, melt the butter in a saucepan. Stir in the flour and cook for around 2 mins until the mixture begins to turn golden. Remove from the heat and, whisking constantly, gradually pour in the red wine vinegar followed by the milk and

cream. Put the sauce back on the heat and cook for 3-4 mins, whisking constantly, until you have a thick sauce. Add a generous amount of the grated nutmeg, then season well and set aside. Mix the breadcrumbs with the grated cheese.

3 Take the sprouts and cabbage out of the oven. Cover with the sauce and top with the cheesy breadcrumbs. *Can be made up to a day ahead.* Heat grill to 200C and grill the gratin for 15 mins until the top is golden and crisp. Leave to stand for 5 mins before serving.

GOOD TO KNOW folate • vit c • 1 of 5-a-day
PER SERVING 401 kJ • fat 30g • saturates 17g • carbs 18g • sugars 7g • fibre 4g • protein 9g • salt 0.5g



Charred Brussels, beetroot & bulgur salad

Use sprouts and blue cheese in this throw-together seasonal salad that delivers two of your five-a-day.

SERVES 2 **PREP** 10 mins
COOK 10 mins **EASY** **V**

150g bulgur wheat, rinsed
200g Brussels sprouts, halved
100g cooked beetroot,
cut into wedges
1 small red onion,
finely sliced
handful cherry tomatoes,
halved
½ small pack parsley,
roughly chopped

For the dressing

75ml buttermilk
2 tbsp mayonnaise
1 tbsp white wine vinegar
60g blue cheese, crumbled

1 Put the bulgur wheat in a small saucepan and cover with 300ml water. Bring to the boil, then reduce to a simmer and cook, covered, for 5 mins, or until tender. Drain.

2 Meanwhile, heat a griddle pan over a high heat until very hot. Cook the sprouts until char lines appear, then remove from the heat and set aside.

3 To make the dressing, combine all the ingredients in a small bowl with 1 tbsp water and a little seasoning.

4 In a large bowl, combine the bulgur wheat with the sprouts, beetroot, onion, tomatoes, parsley and some seasoning. Divide between bowls and drizzle with the dressing. Serve with extra dressing on the side.

GOOD TO KNOW folate • fibre • vit c • 2 of 5-a-day

PER SERVING kcal 732 • fat 38g • saturates 9g • carbs 69g • sugars 13g • fibre 12g • protein 22g • salt 0.9g



Sprout & spinach baked eggs

Wondering what to do with leftover sprouts? Rustle up these delicious baked eggs for a reinvigorating brunch.

SERVES 3-4 **PREP** 15 mins
COOK 35 mins **EASY** **V**

1 tbsp olive oil
1 tsp cumin seeds
1 onion, chopped
2 garlic cloves, crushed
1 green chilli, chopped (deseeded if you don't want it too hot)
300g Brussels sprouts, roughly shredded

450g spinach
½ lemon, juiced
6 eggs
½ small pack coriander, to serve
yogurt, sriracha and thick slices of sourdough, to serve

1 Heat the oil in a frying pan with high sides. Add the cumin seeds and cook until slightly toasted, then add the onion and fry for around 5 mins until softened. Add the garlic and chilli and fry for 1 min. Tip the sprouts into the pan and cook for 5 mins until softened, then add the spinach – you may have to do this in

batches. Cook until the spinach has wilted down, then squeeze in the lemon juice to taste. Season well.

2 Use a spoon to create six holes in the greens, then crack an egg into each indent. Cover the pan and cook for 5-7 mins until the eggs have set but the yolk remains runny. Sprinkle over the coriander and drizzle with the yogurt and sriracha. Serve with thick slices of sourdough, if you like.

GOOD TO KNOW low cal • calcium • folate • fibre • vit c • iron • 3 of 5-a-day • gluten free
PER SERVING 268 kcals • fat 15g • saturates 3g • carbs 10g • sugars 6g • fibre 6g • protein 21g • salt 0.6g

Squash steaks with chestnut & cavolo nero pilaf

If you're wanting a lazy supper, try this deliciously spiced vegan squash recipe, best served with a dollop of coconut yogurt.

SERVES 4 **PREP 10 mins**
COOK 55 mins **EASY** **V**

1 butternut squash
2-3 tbsp olive oil, plus extra for frying
½ tsp smoked paprika, plus a little extra for sprinkling
200g cavolo nero or curly kale, shredded
1 onion, chopped
180g chestnuts, halved
2 garlic cloves, finely chopped
½ tsp ground cumin
½ tsp ground cinnamon
250g basmati and wild rice
500ml vegetable stock
150g coconut yogurt, to serve

1 Heat oven to 220C/200C fan/gas 7. Cut the neck of the squash into four rounds (reserve the rest of the squash for another recipe). Heat the oil in a frying pan and brown the squash for a few mins on each side. Transfer to a baking tray, sprinkle with half of the paprika and roast for 30 mins.
2 Meanwhile add a little extra oil to the frying pan and stir-fry the cavolo nero for 2 mins, then remove with a slotted spoon and set aside. Add the onion and chestnuts to the pan and cook for a few mins, then stir in the garlic, spices and remaining paprika and cook for 1 min. Stir in the rice and stock and bring to the boil, then cover with a lid. Turn the heat down as low as it will go and cook for 25 mins, stirring occasionally.
3 Once the rice is cooked, stir through the cavolo nero and divide between four plates, then top with the squash steaks. Serve with the coconut yogurt sprinkled with paprika, if you like.

GOOD TO KNOW vegan • fibre • vit c • 2 of 5-a-day
PER SERVING 562 kcals • fat 15g • saturates 8g • carbs 87g • sugars 14g • fibre 10g • protein 14g • salt 0.4g



Roast chicken with garlic & rosemary root veg

Get four of your five-a-day in this comforting roast dinner. It's easy to prepare and makes an ideal weekend feast.

SERVES 4 **PREP 30 mins**
COOK 1 hr 40 mins **EASY**

1 onion, roughly chopped
1 garlic bulb, cloves separated
1 free-range chicken (about 1.5 kg)
5 tbsp olive oil
small pack rosemary sprigs
4 parsnips, chopped into chunks
5 carrots, chopped into chunks
2 sweet potatoes, chopped into chunks
1 tbsp plain flour
500ml chicken stock
To serve
½ Savoy cabbage, shredded and wilted
roasted or mashed potatoes

1 Heat oven to 200C/180C fan/gas 6. Spread the onion and half of the garlic cloves around the base of a large roasting tin. Pick the tops off the rosemary sprigs and set aside, then stuff the stalks into the chicken cavity. Sit the chicken on top of the onions, drizzle with 2 tbsp of the oil and season well. Cover with foil and roast in the oven for 1 hr 20 mins, removing the foil for the final 20 mins.

2 Just after the chicken goes in, put the parsnips, carrots and sweet potatoes in a second roasting tin with the remaining garlic and the rosemary tops. Drizzle with the remaining oil, season and put in the oven on a rack below the chicken. Cook for between 1 hr and 1 hr 10 mins, or until soft and lightly browned.
3 Check the chicken is cooked by piercing the thickest part of the thigh with a skewer. The juices should run clear; if they don't, put the tin back in the oven and test again after another 10 mins. Carefully remove the chicken from the roasting tin and rest it on a board for 15-20 mins.
4 Meanwhile, keep the vegetables warm and make the gravy. Put the roasting tin with the onions on a hob over a low heat. Add the flour and mix well until it forms a paste, then pour in the stock, stirring constantly until thickened. Simmer for 5 mins, then season to taste. Strain into a gravy boat or heatproof jug and serve alongside the chicken and roast vegetables.

GOOD TO KNOW folate • fibre • vit c • 4 of 5-a-day
PER SERVING 800 kcals • fat 39g, saturates 9g • carbs 47g • sugars 20g • fibre 18g • protein 56g • salt 0.9g

Chops & parsnip traybake

Serve this simple weeknight dinner straight from the dish.

SERVES 4 **PREP 10 mins**
COOK 40 mins **EASY**

4 large parsnips (about 500g), peeled and cut lengthways into 6
2 red onions, each cut into 8 wedges through the root
2½ tbsp olive oil
1½ tbsp wholegrain mustard
4 pork chops, fat trimmed
1½ tbsp honey
small handful sage leaves

1 Heat oven to 220C/200C fan/gas 7. Put the vegetables in a roasting tin, season and toss with 2 tbsp oil and 1 tbsp mustard. Roast for 20 mins. Meanwhile, place a frying pan over a high heat. Season the pork chops and rub with the remaining oil. Fry the chops for between 30 seconds and 1 min each side until just browned (turn on their sides to brown any fat).
2 Stir the veg, then place the chops on top and rub with the remaining mustard. Roast for a further 15 mins. Drizzle with the honey and scatter over the sage, then return to the oven for 5 mins, or until the pork is cooked through. Serve with the juices from the tin.

GOOD TO KNOW healthy • fibre • 2 of 5-a-day
PER SERVING 574 kcals • fat 29g, saturates 5g • carbs 26g • sugars 16g • fibre 9g • protein 47g • salt 0.7g



Chicken, leek & mushroom pie

This hearty pie is sure to be a crowd-pleaser. Enjoy the succulent chicken and crisp pastry with just a dollop of tomato ketchup.

SERVES 6-8 PREP 25 mins

COOK 1 hr 10 mins EASY

✳️ unbaked only

4 large chicken breasts
4 skinless boneless chicken thighs
2 bay leaves
½ small pack flat-leaf parsley, leaves and stalks separated
2 large onions, chopped
1 garlic clove
1 chicken stock cube, crumbled
½ small pack thyme
750ml milk, plus extra to glaze
100g butter
3 leeks, chopped
300g button mushrooms, halved
100g plain flour, plus extra for dusting
200ml crème fraîche
500g puff pastry
ketchup, to serve (optional)

1 Put the chicken in a large pan with the bay leaves, parsley stalks, onions, garlic, stock cube, half the thyme sprigs and some seasoning. Pour the milk over the chicken and, if you need to, top up with water to make sure the chicken is covered. Bring to the boil, then turn down the heat and simmer for 15 mins. Lift the chicken from the liquid and leave to cool.

2 Drain the poaching liquid through a sieve into a large jug – you'll need 650ml to make the sauce for your pie.

3 Heat the butter in a saucepan over a low-medium heat. Add the leeks and the mushrooms and cook for 5-10 mins until soft, then season well. Add the flour and stir to coat the vegetables. Slowly add the poaching liquid, stirring until you have a thick sauce.

4 Using two forks, pull apart the chicken into thumb-sized chunks. Chop the parsley leaves, then stir into the leek mixture with the crème fraîche, chicken and remaining thyme. Check the seasoning, then spoon the

mixture into a pie dish (or dishes) to cool slightly.

5 Heat oven to 220C/200C fan/gas 7. On a surface lightly dusted with flour, roll out the pastry to the thickness of two AED1 coins. Cut thin strips from the edges and use a little water to stick these around the lip of the pie dish, then wet the top of the pastry strips. Lift the pastry over the top of the pie, trim the edges and crimp them with your fingers or

a fork. Brush the top with milk and cut a steam hole in the middle.

6 Put on a baking sheet and cook in the oven for 20-25 mins until the pastry is risen and golden. Some of the filling will have bubbled up through the steam hole. Have a bottle of tomato ketchup on hand to serve, if you like.

PER SERVING (8) 683 kcs • fat 41g • saturates 23g • carbs 41g • sugars 11g • fibre 6g • protein 34g • salt 1.4g



Chicken, squash & pesto lasagne

This is great for making ahead – assemble the layers of mascarpone, chicken, basil and butternut squash, then freeze or bake.

SERVES 6 PREP 20 min

COOK 1 hr 5 mins EASY ✳

2 tbsp olive oil
2 onions, chopped
2 garlic cloves, crushed
4 skinless chicken breasts
1 tbsp plain flour
600ml chicken stock
500g tub mascarpone
190g jar pesto
bunch basil, leaves picked and chopped, plus a few small whole leaves to serve
1 butternut squash, peeled, deseeded and cut into chunks
good grating of nutmeg
12 lasagne sheets
85g parmesan, grated
splash of milk
50g pine nuts

1 Heat the oil in a large casserole dish. Add the onions and cook until softened, then add the garlic and cook for a few mins more. Push the onions and garlic to the edge of the pan, add the chicken breasts and cook for a few mins on each side to brown. Sprinkle over the flour and stir it into the onion mixture, then tip in the stock and season. Cover and simmer for 10 mins, or until the chicken is cooked through. Using two forks, shred the chicken into bite-sized chunks. Add half the mascarpone and the pesto, stirring until the mascarpone has melted into the sauce. Bubble for a few mins to thicken a little, then remove from the heat and stir in the basil.

2 Meanwhile, place the squash in a large bowl with 2 tbsp water, cover with cling film and microwave on high for 12-15 mins until really soft. Season the squash with a little of the nutmeg, some salt and pepper

then mash lightly with a fork.

3 Heat oven to 180C/160C fan/gas 4. Spoon half of the chicken mixture into the bottom of a 20 x 30cm ovenproof dish. Cover with 4 of the lasagne sheets, then top with the butternut squash and half of the parmesan. Add another layer of 4 lasagne sheets, spread over the remaining chicken mixture and top with a final layer of the remaining lasagne sheets. Mix enough milk into the remaining mascarpone to make a smooth sauce (aim for a consistency similar to white sauce). Season with the remaining nutmeg and some salt and pepper, then pour over the lasagne. Scatter over the remaining parmesan and the pine nuts. Bake for 40 mins until piping hot in the centre and crunchy and golden on top. Scatter with a few extra basil leaves, then serve.

PER SERVING 692 kcs • fat 50g • saturates 23g
• carbs 30g • sugars 9g • fibre 4g • protein 31g • salt 1.3g



Freeze-ahead chocolate & chestnut parfait

This make-ahead dessert is deliciously different and incredibly simple to make.

SERVES 8-10 **PREP** 25 mins plus
3-4 hrs freezing **NO COOK EASY** V ✳

200g milk chocolate, melted and cooled
2 x 250g cans sweetened chestnut purée
100g soft amaretti biscuits, roughly crumbled
2 oranges, peeled, segmented and roughly chopped, and the zest of 1
450ml double cream, softly whipped
50g dark chocolate, coarsely grated, to decorate

1 Rinse a 22 x 10 x 7cm loaf tin (about 1.5 litres in volume) with cold water but don't dry it. Line the tin with cling film, smoothing out as many of the wrinkles as you can.

2 Stir the chocolate, chestnut purée and amaretti biscuits together, then stir through the orange pieces and zest. Gently fold in the cream until combined. Spoon the mixture into the loaf tin. Smooth the top and cover with cling film. Freeze for 3-4 hrs until just firm.

3 Take the parfait out of the freezer 20 mins ahead of serving. To serve, dip the tin briefly in hot water, then turn out onto a serving plate and remove the cling film. Scatter over the grated chocolate and slice.

PER SERVING (10) • 400 kcal
• fat 31g • saturates 19g •
carbs 26g • sugars 18g •
fibre 2g • protein 3g
• salt 0.3g





TOM KERRIDGE

A NEW TWIST ON WELLINGTON

Michelin-starred BBC chef and Good Food Podcast host **Tom Kerridge** shares his festive wellington menu for four
photographs JONATHAN GREGSON

My seasonal menu for four would work for every holiday occasion, from a pre-Christmas catch-up dinner, to a late-night New Year's Eve feast, or stress-free alternative on the big day. It's up to you when you enjoy it.

With the funny old year we've had, I thought it would be best to give you something you can rely on for Christmas. Beef wellington is a classic, but it's a tricky one to get right, especially as everyone likes their beef cooked differently. Unless you get really technical, the beef always cooks more quickly than the pastry, and I like my beef rare. By swapping it for pork, it's more economical, but just as special, and a lot more forgiving. Plus, the cooking time guarantees perfectly cooked pastry. Even better? Everything can be prepared the day before, so there's only a bit of work to do on the day. Tom x



Tom Kerridge is a BBC presenter and chef-owner of The Hand and Flowers, The Coach and The Butcher's Tap in Marlow, Kerridge's Bar & Grill at The Corinthia Hotel, London, and The Bull & Bear in Manchester. Listen to the Good Food Podcast to hear Tom talk to host Orlando Murrin about recipes and cooking tips. It's released each Wednesday, with a bonus recipe cookalong on the following Saturday. Download at Acast, Spotify, iTunes or other podcast streaming services.

🐦 📷 @ChefTomKerridge

Wild mushroom sauce

Brown butter roasties with pork crumbs

Pork & chestnut
wellington

Pork & chestnut wellington

'Pork loin' can mean lots of things to different butchers. Don't get it confused with a tenderloin, which is a much thinner piece of meat. The loin needed for this recipe is off the bone, with the skin and most of the fat removed.

SERVES 4 **PREP** 45 mins plus 1 hr
30 mins chilling and 10 mins resting
COOK 1 hr 15 mins **A CHALLENGE** ■

1 tbsp sunflower oil
800g pork loin, skin and most of the fat removed (leave about a 5mm layer)
25g butter
1 small onion, finely chopped
1 small chicken breast (about 140g), chopped
1 tsp porcini mushroom powder
½ tsp truffle oil (optional)
1 large egg, beaten, plus 2 egg yolks beaten with 1 tbsp water for glazing
100ml double cream
125g vacuum-packed cooked chestnuts, crumbled
4 sage leaves, chopped
12 smoked pancetta rashers
500g block puff pastry
plain flour, for dusting

1 Heat the oil in a frying pan over a high heat, then season the pork loin and sear until well browned all over – use tongs to sear the ends. Set aside on a board and leave to cool. Reduce the heat, add the butter to the pan and cook the onion for 10 mins until golden. Leave to cool.

2 Meanwhile, tip the chicken, mushroom powder, a little salt and the truffle oil, if using, into a food processor. Blitz to a coarse paste. Scrape down the sides and pulse in the whole beaten egg until fully incorporated. Drizzle in the cream, then add the chestnuts, fried onions, sage and a grinding of black pepper. Pulse again to bring everything together – the mixture should resemble a coarse mousse or pâté.

3 Lay a large sheet of baking parchment on your work surface, and arrange the pancetta rashers on top in two rows, slightly overlapping each other so they create a rectangle that's large enough to wrap around the pork. Spoon the chicken mousse

into the middle of the rectangle, and spread with a palette knife or spatula so it covers the pancetta. Lay the cooled pork in the middle. Use the parchment to help you draw the mousse-coated pancetta around the pork, then twist the ends like a cracker. Transfer to the fridge and chill for 1 hr.

4 Roll the pastry out on a lightly floured surface to a 35 x 30cm rectangle. Trim the edges to neaten (you can reserve the trimmings to make decorations later, if you like), then lightly brush all over with some of the egg yolk glaze. Carefully unwrap the pork from the baking parchment, and lay in the middle of the pastry rectangle. Fold the shorter edges of the pastry over the pork, then roll the whole thing up to encase the pork tightly. Line a baking tray with baking parchment. Put the wellington, seam-side down, on the tray. Chill for at least 30 mins. *Will keep chilled for up to 24 hours.*

5 Heat the oven to 200C/180C fan/gas 6 with a baking tray inside. Re-roll the pastry trimmings and cut out pastry leaves, if you like. Unwrap the wellington and brush all over with more of the glaze, score the pastry lightly with a sharp knife, and decorate with the leaves, if using. Brush the leaves with the remaining glaze, then sprinkle with sea salt flakes. Carefully transfer to the hot tray in the oven, along with the baking parchment, and bake for 1 hr until the pastry is golden and the pork is just cooked through. If the pastry starts to get too dark, cover with foil. The pork is cooked when a cooking thermometer reads 65C. Leave to rest for at least 10 mins, then serve in thick slices with mushroom sauce and roast potatoes (see recipes, opposite).

GOOD TO KNOW iron

PER SERVING 1,134 kJals • fat 75g • saturates 34g •
carbs 51g • sugars 3g • fibre 4g • protein 62g •
salt 2.4g





Wild mushroom sauce

Pork and mushrooms are happy food friends, and the creaminess of this sauce is like a big, cosy winter hug.

SERVES 4 **PREP** 10 mins plus soaking **COOK** 10 mins **EASY**

125ml non-alcoholic white wine
30g dried porcini mushrooms
200ml chicken stock
100ml double cream
25g butter
2 tbsp apple juice
½ lemon, juiced


1 Tip the non-alcoholic white wine and mushrooms into a small saucepan and bring to the boil. Remove from the heat and leave to soak until cool, about 20 mins. Strain through a sieve over a bowl to reserve the liquid, pressing the mushrooms with a spoon to extract as much liquid as possible. Set the rehydrated mushrooms aside. Return the liquid to the pan and pour in the stock. Bring to the boil and keep on a high heat until reduced by half, about 15 mins. Pour in the cream, reduce the heat to a simmer, and cook until reduced by half again, about 10 mins.

2 Meanwhile, finely chop the mushrooms. Heat the butter in a frying pan and fry the mushrooms until just golden. Carefully add the brandy and sizzle briefly, then squeeze in the lemon juice, remove from the heat and set aside. Stir the mushroom mixture into the reduced cream sauce along with any juices from the frying pan, then season. Serve with the wellington. *Will keep chilled for up to three days.*

PER SERVING 240 kcals • fat 19g • saturates 12g •
carbs 6g • sugars 1g • fibre none • protein 3g •
salt 0.4g

Brown butter roasties with pork crumbs

I love the crunch that the pork scratchings bring to the plate, but they're not to everyone's taste, so just leave them out if you want.

SERVES 4 **PREP** 10 mins
COOK 15 mins **EASY** 

800g Maris Piper potatoes, cut into bite-sized cubes
2 tbsp sunflower oil
50g butter
handful of parsley leaves, chopped
20g salted pork scratchings, lightly crushed (optional)

1 Heat the oven to 200C/180C fan/gas 6. Cook the potatoes in a pan of boiling salted water for 4-5 mins until just tender. *The potatoes can be boiled up to 24 hrs ahead and chilled.* Put the oil and butter in a shallow roasting tin and heat in the oven until the butter is sizzling. Carefully add the potatoes to the hot tin and roast for 30 mins.

2 Shake the tin, then continue to roast for 10-15 mins until golden and crisp all over. Toss through the parsley and spoon into a serving bowl, then scatter over the pork scratchings, if using, and serve.

PER SERVING 313 kcals • fat 18g • saturates 8g •
carbs 30g • sugars 2g • fibre 3g • protein 6g •
salt 0.4g

Raisin millionaire's chocolate pots

These pots are completely make-ahead, so all that's left to do on the day is take them out of the fridge.

SERVES 4 **PREP** 5 mins plus 1 hr soaking and at least 4 hrs chilling
COOK 5 mins **MORE EFFORT** **V**

200ml double cream
100g dark chocolate, chopped
2 large egg yolks (freeze the whites for another recipe)
40g light muscovado sugar

For the raisins

8 tbsp pineapple or apple juice
80g raisins
150g canned dulce de leche or

caramel sauce

1 First, prepare the raisins. Put the pineapple juice in a small saucepan and bring to the boil. Stir in the raisins, then remove from the heat. Set aside to cool and plump up, at least 1 hr so they absorb almost all the juice. Tip into a bowl and mix with the dulce de leche and a large pinch of sea salt flakes. Divide the raisin caramel sauce between four dessert glasses, bowls or cups, and chill in the freezer while you make the mousse.

2 Put the cream in a small saucepan and bring to the boil. Remove from the heat, add the chocolate and stir

to melt. Put the egg yolks and sugar in a bowl and beat using an electric whisk for 3 mins until the mixture is light, fluffy and holding its shape. Gradually pour in the chocolate cream, whisking continuously until fully combined. Spoon the mousse over the raisin caramel, then chill for at least 4 hrs. *Will keep chilled for up to two days.* Serve cold with an extra sprinkling of sea salt.

GOOD TO KNOW gluten free

PER SERVING 673 kcal • fat 43g • saturates 25g • carbs 53g • sugars 49g • fibre 3g • protein 7g • salt 0.5g





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THYME, GARLIC & LEMON ROAST TURKEY Ingredients

3 tablespoons olive oil
1 red onion, finely chopped
2 cloves garlic, crushed and chopped
3 stalks celery, finely chopped
3 slices streaky bacon, finely chopped
2 cups fresh breadcrumbs
finely grated zest of 1 lemon
2 teaspoons fresh thyme leaves
1/4 cup chopped parsley
1 cup full fat Greek yoghurt
salt and freshly ground black pepper
50g butter, softened
2 cloves garlic, finely chopped
2 teaspoons thyme leaves
1 Tegel Whole Frozen Turkey - Various Sizes, thawed

Stuffing quantity enough for up to a 6kg turkey Method:

1. Heat a generous film of oil in a large frying pan and gently cook the red onion, garlic, celery and bacon for 10 minutes or until the onion and celery are almost tender.
2. Remove the pan from the heat and then mix in the breadcrumbs, lemon zest, thyme and parsley. Stir the yoghurt into the pan and season with salt and pepper.
3. Mix the 50g butter, garlic and thyme together in a small bowl.
4. Remove the giblets and neck from the turkey cavity and set aside. Pat the turkey dry with paper towels.
5. Carefully slide the garlic and thyme butter under the skin of the bird and also rub butter over the skin.
6. Spoon the stuffing into the turkey cavity, secure the legs, place breast side up in a large roasting dish and cook as per package instructions.
7. Brush the turkey with any leftover butter at times during cooking.

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COOK WITH CONFIDENCE

Pressure cooking

Long gone are the days of the pressure cooker dangerously clanking away on the hob – it's safe as well as time-saving, if you know how to use one

WHY USE

For the busy cook, the benefits of owning a pressure cooker are huge. They cut down the cooking times of lots of recipes by two thirds and mean that cheaper, slow-cooked recipes or ingredients like dried pulses become a viable weeknight option.

HOW IT WORKS

Whatever the make or model, they work by the same principle. The lid locks in the steam so the pressure builds up and raises the temperature past boiling point, so things cook faster and tough cuts of meat become tender a lot quicker. There are two levels of pressure, low and high, which determine how quickly things cook. The rest is down to you and the recipe you're using.



TOP TIPS

BROWN IT

Pressure-cooked food doesn't brown, so it's worth doing this at the start of cooking before adding liquid and putting the lid on. Meat looks nicer and gains depth of flavour from browning. Onions, garlic, spices and the base vegetables to soups and stews all benefit from being gently fried before the lid goes on.

LIQUID MATTERS

Pressure cookers work by using steam. No liquid means no steam. You can't and shouldn't put the lid on your pressure cooker unless you've added sufficient liquid. Instructions will let you know the minimum amount and some even tell you how much to use for different types of food.

DON'T OVERFILL IT

Most, if not all, pressure cookers have a minimum and maximum fill mark on the inside of the pot. Do not exceed it. A pressure cooker should never be over two-thirds full. With liquids, avoid filling more than halfway. Overfilling leads to food being ejected from the pressure release valve.

GREAT FOR

- ✓ Stews and braises
- ✓ Pulled meats
- ✓ Cooking dried pulses
- ✓ Soups and stocks
- ✓ Slow-cooked curries and ragouts
- ✓ Boiling ham
- ✓ Batch cooking
- ✓ Steaming puddings
- ✓ Poaching chicken
- ✓ Quick risottos
- ✓ Preserving

NOT SO GOOD AT

- ✓ Cooking fish
- ✓ Cooking green vegetables
- ✓ Cooking meat to anything other than well done



THREE WAYS TO RELEASE STEAM FROM YOUR PRESSURE COOKER

1 Take it off the heat and allow it to release in its own time – ideal for dishes like stews where long cooking times would be involved.

2 Turn the pressure release valve – and use oven gloves for this as hot steam will rush out. Suitable for any dishes that aren't delicate.

3 Run the cold tap over the pressure cooker when you need to release the pressure straightaway.

SAFETY TIP

Never force the lid open. Modern cookers have a safety feature that stops you opening the lid at the wrong time. Don't tamper with this or you may get burnt.



RELEASE THE PRESSURE



WEEKEND BAKE

BREAD WITH BITE

Spread a warm wedge of cornbread with some whipped spiced butter – a knockout combo served with chilli

recipe ESTHER CLARK photograph TOM ENGLISH

Pumpkin cornbread with whipped jalapeño butter

SERVES 6 **PREP** 10 mins
COOK 1 hr **EASY** V *

50g salted butter, melted, plus extra for the pan
300g fine semolina or polenta
150g plain flour
1 tbsp baking powder
1 tsp bicarbonate of soda
2 large eggs
425g pumpkin purée
250ml buttermilk or natural yogurt
2 red chillies, seeds removed and finely chopped

For the whipped jalapeño butter
150g butter, softened
25g sliced jalapeños from a jar, roughly chopped, plus 2 tbsp liquid from the jar

1 Heat the oven to 190C/170C fan/gas 5. Butter a 30cm ovenproof pan. Combine the semolina, flour, baking powder and bicarb in a large bowl and season. Put the butter, eggs, pumpkin, buttermilk and chillies in a jug and whisk until combined. Gradually stir the wet ingredients into the dry, being careful not to over-mix. Pour into the pan and bake for 50 mins-1 hr until golden.

2 Meanwhile, prepare the whipped jalapeño butter. Beat the butter with the jalapeños and the liquid from the jar using an electric whisk, until the mixture has turned light and pale. Season to taste.

3 Once the cornbread is cooked, serve warm or leave to cool, with the jalapeño butter on the side to spread over. *The cornbread will keep in an airtight container for up to three days, or frozen for two-three months. The butter will keep in the fridge, covered, for up to one week.*

GOOD TO KNOW 1 of 5-a-day

PER SERVING 597 kcal • fat 31g • saturates 18g • carbs 64g • sugars 5g • fibre 4g • protein 14g • salt 2g



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family

cook, freeze, reheat

Batch-cook these easy recipes and put them in the freezer so you can feed the family without a fuss when it's busy

recipes SHIVI RAMOUTAR *photographs* MIKE ENGLISH



Cookery writer Shivi Ramoutar has written two cookbooks, *Caribbean Modern: Recipes from the Rum Islands* and *The Ice Kitchen*. She's a regular on BBC One's Saturday Kitchen.

[Twitter](#) [Instagram](#) @shiviramoutar

Pea & mint fishcake

MAKES 6-8 **PREP** 20 mins plus 1 hr chilling **COOK** 25 mins **EASY** ✨

500g meaty white fish (cod or haddock work well)
2 tbsp vegetable oil, plus a drizzle
350g potatoes, boiled and mashed
1 spring onion, finely chopped
1 egg
1-2 tbsp breadcrumbs (optional)
green salad, tartare sauce and lemon wedges, to serve

For the pea & mint pesto

100g peas
small bunch of mint, leaves picked
25g pine nuts
½ lemon, juiced
3 tbsp extra virgin olive oil

½ garlic clove, crushed
25g parmesan, grated

For the crumb coating

10 tbsp flour, seasoned
2 eggs, beaten
12 tbsp breadcrumbs

1 Heat the oven to 190C/170C fan/gas 5. Put the fish in a roasting tin, drizzle over some oil and cook for 10-15 mins until cooked through. Allow to cool, then flake into chunks, removing any skin and bones.

2 For the pesto, blitz together all the ingredients with a pinch each of salt and pepper, adding 1 tbsp water if it looks too thick.

3 Mix the fish, mashed potato, pesto, spring onion and egg with a little more seasoning, being careful not to break up the fish too much. Mix in 1-2 tbsp breadcrumbs if the mixture feels too wet. Shape into 6-8 cakes, put on a tray and chill in the fridge for 1 hr.

4 For the crumb, prepare a bowl of seasoned flour, a bowl of beaten egg and a bowl of breadcrumbs. Coat the fishcakes in the flour, then the egg, then breadcrumbs. Set aside. *Can be frozen for up to one month. Defrost thoroughly before cooking.*

5 Heat the 2 tbsp vegetable oil in a frying pan and fry the fishcakes (you may have to do it in batches) until golden brown, about 3-4 mins on each side. Serve with salad, tartare sauce and lemon wedges.

GOOD TO KNOW healthy

PER SERVING (8) 383 kcs • fat 13g • saturates 2g • carbs 45g • sugars 2g • fibre 3g • protein 21g • salt 0.4g



Veg-packed cheeseburgers

MAKES 4-6 **PREP 20 mins**

COOK 20 mins **EASY** 🌿

2 tbsp vegetable oil
 1 garlic clove, crushed
 1 small onion, finely chopped
 100g courgette, grated
 1 large carrot, grated
 50g mushrooms, finely chopped
 ¼ bunch of parsley, finely chopped
 75g cheddar, grated
 1 large egg, beaten
 5 tbsp breadcrumbs
 250g beef mince
 4-6 burger buns
To serve
 lettuce leaves
 sliced tomato
 sliced red onion
 ketchup, mustard and mayo
 (optional)

1 Heat 1 tbsp of the oil in a frying pan over a medium heat and cook the garlic, onion, courgette, carrot, mushrooms and parsley with a little seasoning for 8 mins, stirring regularly, until soft. Set aside to cool completely.

2 Mix together the fried veg, cheese, egg, breadcrumbs and beef with a little seasoning until well combined. Form into 4-6 burger-sized patties. *Can be frozen for up to two months. Defrost thoroughly before cooking.*

3 Heat the remaining vegetable oil in a non-stick frying pan and cook the patties (you may need to do this in batches) for about 3-4 mins on each side until well browned and cooked through.

4 Build your burgers with the remaining ingredients, and any more you fancy.

GOOD TO KNOW 1 of 5-a-day

PER SERVING (6) 509 kcals • fat 20g • saturates 7g • carbs 55g • sugars 8g • fibre 4g • protein 24g • salt 1.7g





Sausage & sweet potato traybake

SERVES 4-6 **PREP** 15 mins
COOK 45 mins **EASY** 🌱

2 red onions, peeled and quartered
2 corn cobs, cut into 4-6 pieces
1 mango, stoned and chopped
2 large sweet potatoes, cut into wedges

8-12 pork sausages

For the spiced sauce

2 tsp ground cumin
2 tsp ground paprika
2 tsp fennel seeds
1 tsp dried oregano
2 tbsp barbecue sauce
2 tbsp vegetable, rapeseed or olive oil

To serve (optional)

chopped coriander
chopped chillies (for the grown-ups)

1 Heat the oven to 200C/180C fan/gas 6. Mix together the ingredients for the spiced sauce in a bowl. Tip the onion quarters, corn, mango, sweet potatoes and sausages into a roasting tin, then pour over the sauce and stir to coat. Add a pinch each of salt and pepper.

2 Bake for 45-50 mins, giving it a toss halfway through, until the sausages are cooked through and the sweet potato is soft. *If freezing, leave to cool completely first. Can be frozen for up to one month. Defrost thoroughly before reheating in the oven at 200C/180C fan/gas 6 for 35-40 mins.* Serve sprinkled with the coriander and chilli, if you like.

GOOD TO KNOW fibre • vit c • 2 of 5-a-day
PER SERVING (6) 431 kcals • fat 23g • saturates 7g
• carbs 36g • sugars 19g • fibre 8g • protein 15g • salt 1.5g



Peanut butter rainbow rice

SERVES 4 **PREP** 15 mins
COOK 30 mins **EASY** 🌱

400g skinless chicken breasts, cut into 1-inch cubes
1 small aubergine, cut into 1-inch cubes
1 red or orange pepper, deseeded and chopped
195g can sweetcorn, drained
250g rice

For the sauce

2 tsp sesame oil
6 tbsp peanut butter
2 tsp soy sauce
2 tsp honey
1 tsp crushed ginger
1 tsp crushed garlic

To serve

sliced spring onion
ribboned carrot and cucumber
sesame seeds, for sprinkling
chopped chillies or chilli oil (for the grown-ups)

1 Whisk together all the sauce ingredients until smooth, then season to taste. Set half aside. Add 2 tbsp cold water to the remaining half to loosen. Heat the oven to 200C/180C fan/gas 6.
2 Mix together the chicken, aubergine, pepper and sweetcorn with the thicker sauce in a roasting tin. Season, cover with foil and bake for 25-30 mins, until the chicken is cooked through and the veg is soft.
3 Meanwhile, cook the rice following pack instructions, then combine with the baked chicken and veg. Drizzle over the loosened sauce. *If freezing, leave to cool completely first. Can be frozen for up to one month. Sauce can be frozen separately. Defrost thoroughly before reheating in the oven at 200C/180C fan/gas 6 for 35-40 mins.* Top with the serving ingredients.

GOOD TO KNOW healthy • fibre • vit c • 2 of 5-a-day
PER SERVING 557 kcals • fat 18g • saturates 4g • carbs 59g • sugars 10g • fibre 6g • protein 36g • salt 0.7g



Coconut cashew & butternut squash curry

SERVES 4 **PREP** 15 mins
COOK 30 mins **EASY** **V** ❄️

1 tbsp oil
1 onion, finely chopped
3 garlic cloves, finely chopped
1cm piece of ginger, peeled and grated
2 tbsp mild curry powder
400g can coconut milk
200g can chopped tomatoes
75g cashew nuts, blitzed to a fine powder
4 tbsp raisins

400g can chickpeas, drained
1 large butternut squash, peeled and cut into chunks (about 750g prepared weight)
rice, naan breads and pickles, to serve (optional)

1 Heat the oil in a large saucepan over a medium heat. Tip in the onion and cook, stirring regularly, until softened, about 10 mins. Add the garlic, ginger and curry powder, and cook for about 20 seconds, continuing to stir.

2 Tip in the coconut milk, tomatoes, cashew nuts, raisins, chickpeas and squash. Pour in 200ml water, then

bring to the boil and immediately reduce the heat to low. Simmer uncovered until the squash is tender, about 20 mins, stirring occasionally to prevent it from sticking. Season to taste. *If freezing, leave to cool completely first. Can be frozen for up to one month. Reheat from frozen at 200C/180C fan/gas 6 for 10-15 mins. Serve with rice, naan and pickles, if you like.*

GOOD TO KNOW vegan • fibre • vitc • iron •
3 of 5-a-day • gluten free

PER SERVING 563 kcals • fat 29g • saturates 17g •
carbs 56g • sugars 35g • fibre 12g • protein 14g •
salt 0.1g

Tonight's special

recipe ESTHER CLARK
 photograph, food and prop styling
 STUART OVENDEN

Combine creamy ricotta, spinach and nutmeg with ham hock to make this easy dinner – and save any leftovers for a picnic

Cheesy ham hock, spinach & ricotta lasagne

SERVES 6 **PREP** 35 mins plus cooling

COOK 1 hr 10 mins **EASY**

70g butter
 70g plain flour
 1 litre whole milk
 1 bay leaf
 80g grated parmesan or gruyère
 2 tsp Dijon mustard
 pinch of cayenne pepper
 600g spinach
 250g ricotta
 a grating of nutmeg
 300g ham hock, shredded, or
 thick-cut ham, chopped
 12 dried lasagne sheets
 50g grated mozzarella

1 Melt the butter in a pan until foaming, then stir in the flour to make a paste. Cook for 2 mins. Remove from the heat and gradually whisk in the milk. Add the bay leaf, return to the heat, and bring to a simmer. Cook for 4-5 mins, whisking continuously until thickened. Remove from the heat and whisk in 50g parmesan, the mustard and cayenne pepper. Season to taste.

2 Put the spinach in a large pan with 50ml boiling water, cover and leave for 2-3 mins to wilt. Drain and leave to cool. Put the cooled spinach in a clean tea towel and squeeze out any excess water. Transfer to a food processor and pulse to roughly chop, then add the ricotta and pulse again to combine. Grate in some nutmeg, then season.

3 Heat the oven to 200C/180C fan/gas 6. Remove the bay leaf from the sauce, then spoon a third into the bottom of a 24 x 28cm baking dish. Top with a third of the ricotta and spinach mixture, a third of the ham, then 4 lasagne sheets (overlap them slightly if needed). Repeat with the remaining ingredients, finishing with a layer of sauce. Top with the remaining parmesan and the mozzarella. Bake for 45-50 mins or until golden, covering halfway through if it's starting to brown.

GOOD TO KNOW calcium • folate • vit c • 1 of 5-a-day

PER SERVING 606 kcs • fat 30g • saturates 18g • carbs 47g • sugars 10g
 • fibre 3g • protein 36g • salt 2.4g



health

Delicious recipes and top nutrition tips



healthier family favourites

■ page 68



5 ways

■ healthy dips, page 70



lighter lunches

■ page 66



Feta, beetroot & pomegranate salad



Roasted roots & sage soup

lighter lunches

Easy midweek lunches to counter the excesses of last month

recipes ANNA GLOVER *photographs* STUART OVENDEN



Caesar pitta



Charred veg & tuna niçoise with creamy kefir dressing

Feta, beetroot & pomegranate salad

SERVES 1 PREP 10 mins NO COOK EASY V

2 tsp rapeseed oil
1 tbsp pomegranate molasses
pinch of ground cinnamon
1 tsp cumin seeds, toasted
squeeze of lemon juice
handful of parsley, finely chopped

handful of mint leaves, torn
2 cooked beetroot, cut into thin wedges
30g feta, crumbled
handful of rocket leaves
½ romaine lettuce, torn into bite-sized pieces
20g pomegranate seeds

1 Whisk the oil, pomegranate molasses, cinnamon, cumin seeds and lemon juice together in a bowl. Add 1 tbsp water to loosen, and season.

2 Toss in the herbs, beetroot, feta, rocket and lettuce, and toss to coat in the dressing. Sprinkle over the pomegranate seeds to serve.

GOOD TO KNOW healthy • low cal • calcium • folate • fibre • vit c • iron • 3 of 5-a-day • gluten free

PER SERVING 293 kcals • fat 14g • saturates 5g • carbs 26g • sugars 15g • fibre 9g • protein 12g • salt 1.1g

Roasted roots & sage soup

SERVES 2 PREP 15 mins COOK 45 mins EASY V

1 parsnip, peeled and diced
2 carrots, peeled and diced
300g turnip, swede or celeriac, diced
4 garlic cloves, skin left on
1 tbsp rapeseed oil, plus ½ tsp

1 tsp maple syrup
¼ small bunch of sage, leaves picked, 4 whole, the rest finely chopped
750ml vegetable stock
grating of nutmeg
1½ tbsp fat-free yogurt

1 Heat the oven to 200C/180C fan/gas 6. Toss the root vegetables and garlic with 1 tbsp oil and season. Tip onto a baking tray and roast for 30 mins until tender. Toss with the maple syrup and the chopped sage, then roast for another 10 mins until golden and glazed. Brush the whole sage leaves with ½ tsp oil and add to the baking tray in the last 3-4 mins to crisp up, then remove and set aside.

2 Scrape the vegetables into a pan, squeeze the garlic out of the skins, discarding the papery shells, and add with the stock, then blend with a stick blender until very smooth and creamy. Bring to a simmer and season with salt, pepper and nutmeg.

3 Divide between bowls. Serve with a swirl of yogurt and the crispy sage leaves.

GOOD TO KNOW healthy • low fat • low cal • fibre • 3 of 5-a-day

PER SERVING 221 kcals • fat 9g • saturates 1g • carbs 26g • sugars 18g • fibre 10g • protein 5g • salt 0.2g

Caesar pitta

SERVES 1 PREP 10 mins NO COOK EASY

1 tsp lemon juice
½ small garlic clove, crushed
1 tbsp fat-free Greek yogurt
1 tbsp lighter mayonnaise
¼ tsp mustard powder
1 brown anchovy, rinsed and finely chopped
½ tsp grated parmesan

1 small skinless cooked chicken breast, or 80g cooked chicken, shredded
¼ small cucumber, cubed
3 cherry tomatoes, halved
4 Little Gem lettuce leaves, shredded
1 wholemeal pitta bread

Whisk the lemon juice, garlic, yogurt, mayonnaise, mustard powder, anchovy, parmesan and 2-3 tbsp water together with a good grinding of black pepper. Toss in the chicken, cucumber, tomatoes and lettuce, until everything is well coated. Toast the pitta and split, then stuff with the salad and chicken mixture.

GOOD TO KNOW healthy • fibre • 2 of 5-a-day

PER SERVING 461 kcals • fat 17g • saturates 3g • carbs 34g • sugars 7g • fibre 6g • protein 40g • salt 1.2g



This works well with leftover roast turkey, too.

Charred veg & tuna niçoise with creamy kefir dressing

SERVES 2 PREP 10 mins COOK 15 mins EASY

100g green beans, trimmed
6 spring onions, trimmed
2 tsp rapeseed oil
100g cherry tomatoes, halved
4 tsp kefir or fat-free natural yogurt
1 tsp mustard powder

1 tsp red wine vinegar
2 Little Gem lettuce, leaves separated
160g can tuna in spring water, drained
4 black olives, halved
2 medium eggs, softly boiled and halved

1 Heat the grill to high. Bring a small pan of water to the boil and blanch the green beans and spring onions for 4 mins. Drain and dry well. Toss with 1 tsp oil, and transfer to a baking tray with the tomatoes, cut-side up. Season everything with black pepper, then grill for 10 mins until starting to soften and char. Leave to cool slightly.

2 Meanwhile, whisk the kefir, 1 tsp oil, mustard powder, vinegar and some seasoning together until smooth. Arrange the lettuce leaves, tuna, olives and eggs in shallow bowls or on plates. Pile on the onions, green beans and tomatoes, then drizzle over the dressing to serve.

GOOD TO KNOW healthy • low fat • low cal • folate • fibre • vit c • 2 of 5-a-day • gluten free

PER SERVING 266 kcals • fat 12g • saturates 2g • carbs 9g • sugars 8g • fibre 7g • protein 26g • salt 0.9g



Swedish meatballs



Healthy tikka masala

healthier family favourites

Classic crowd-pleasing dishes
made a little lighter

recipes ESTHER CLARK *photographs* STUART OVENDEN



Prawn fried rice



Squash & pesto pasta

Swedish meatballs

SERVES 4 **PREP** 10 mins plus cooling and chilling
COOK 25 mins **EASY** 🌱 meatballs only 🍲

2 tbsp rapeseed oil	300ml hot low-salt
1 onion, finely chopped	beef stock
1 small garlic clove, finely grated	¼ tbsp Dijon mustard
375g lean pork mince	2 tbsp fat-free natural yogurt
1 medium egg yolk	400g spring greens, shredded
grating of nutmeg	lingonberry or cranberry sauce, to serve
50g fine fresh breadcrumbs	

- 1 Put 1 tbsp rapeseed oil in a frying pan over a medium heat. Add the onion and fry for 10 mins or until soft and translucent. Add the garlic and cook for 1 min. Leave to cool.
- 2 Mix the cooled onions, pork mince, egg yolk, a good grating of nutmeg and the breadcrumbs in a bowl with your hands until well combined. Form into 12 balls and chill for 15 mins.
- 3 Heat the remaining oil in a frying pan and fry the meatballs for 5 mins over a medium heat, turning often until golden. Pour over the stock and bubble for 8-10 mins or until it has reduced a little. Stir through the mustard and yogurt.
- 4 Steam the greens for 5 mins or until tender. Serve the meatballs with the greens and a dollop of the sauce.

GOOD TO KNOW healthy • low cal • fibre • vit c • 1 of 5-a-day

PER SERVING 323 kcals • fat 18g • saturates 4g • carbs 13g • sugars 6g • fibre 6g • protein 24g • salt 1.04g

Healthy tikka masala

SERVES 4 **PREP** 10 mins **COOK** 55 mins **EASY** 🌱

1 large onion, chopped	400g can chopped tomatoes
4 large garlic cloves	40g ground almonds
thumb-sized piece of ginger	200g spinach
2 tbsp rapeseed oil	3 tbsp fat-free natural yogurt
4 small skinless chicken breasts, cut into chunks	½ small bunch of coriander, chopped
2 tbsp tikka spice powder	brown basmati rice, to serve
1 tsp cayenne pepper	

- 1 Put the onion, garlic and ginger in a food processor and whizz to a smooth paste.
- 2 Heat 1 tbsp of the oil in a flameproof casserole dish over a medium heat. Add the onion mixture and fry for 15 mins. Tip into a bowl and wipe out the pan.
- 3 Add the remaining oil and the chicken and fry for 5-7 mins, or until lightly brown. Stir in the tikka spice and cayenne and fry for a further minute. Tip the onion mixture back into the pan, along with the tomatoes and 1 can full of water. Bring to the boil, then reduce to a simmer and cook, uncovered, for 15 mins. Stir in the almonds and spinach and cook for a further 10 mins. Season, then stir through the yogurt and coriander. Serve with brown rice.

GOOD TO KNOW healthy • folate • iron • 2 of 5-a-day • gluten free

PER SERVING 365 kcals • fat 17g • saturates 1g • carbs 13g • sugars 10g • fibre 4g • protein 38g • salt 0.3g

Prawn fried rice

SERVES 4 **PREP** 5 mins **COOK** 25 mins **EASY**

250g long-grain brown rice	150g raw king prawns
150g frozen peas	3 medium eggs, beaten
100g mangetout	2 tsp sesame seeds
1½ tbsp rapeseed oil	1 tbsp low-salt soy sauce
1 onion, finely chopped	½ tbsp rice or white wine vinegar
2 garlic cloves, crushed	
thumb-sized piece of ginger, finely grated	4 spring onions, trimmed and sliced

- 1 Cook the rice following pack instructions. Boil a separate pan of water and blanch the peas and mangetout for 1 min, then drain and set aside with the rice.
- 2 Meanwhile, heat the oil in a large non-stick frying pan or wok over a medium heat and fry the onion for 10 mins or until golden brown. Add the garlic and ginger and fry for a further minute. Tip in the blanched vegetables and fry for 5 mins, then the prawns and fry for a further 2 mins. Stir the rice into the pan then push everything to one side. Pour the beaten eggs into the empty side of the pan and stir to scramble them. Fold everything together with the sesame seeds, soy and vinegar, then finish with the spring onions scattered over.

GOOD TO KNOW healthy • low cal • fibre • 1 of 5-a-day

PER SERVING 418 kcals • fat 11g • saturates 2g • carbs 54g • sugars 7g • fibre 6g • protein 22g • salt 0.5g

Squash & pesto pasta

SERVES 4 **PREP** 15 mins **COOK** 25 mins **EASY** V

1 small butternut squash (750g), peeled, deseeded and cut into 2cm cubes	1 garlic clove, crushed
3 tbsp rapeseed oil	1 lemon, zested and juiced
large bunch of parsley	1 tsp chilli flakes (optional)
large bunch of basil	350g pasta (casarecce or fusilli work well)
20g cashew nuts, toasted and chopped	30g parmesan or vegetarian alternative, shaved

- 1 Heat the oven to 200C/180C fan/gas 6. Toss the butternut cubes on a baking tray with ½ tbsp of the oil and some seasoning. Roast for 20-25 mins or until tender.
- 2 Put the parsley, basil, cashew nuts, garlic, lemon zest and juice and chilli (if using) in a food processor, along with the remaining oil and a splash of water, then whizz until very smooth. Season to taste.
- 3 Meanwhile, cook the pasta following pack instructions. Drain, reserving a little of the cooking water, then toss with the pesto and butternut squash and enough water to loosen the sauce. Finish with a little shaved parmesan, if you like.

GOOD TO KNOW healthy • calcium • folate • fibre • vit c • iron • 1 of 5-a-day

PER SERVING 540 kcals • fat 14g • saturates 3g • carbs 79g • sugars 10g • fibre 11g • protein 18g • salt 0.3g



5 ways

healthy dips

Swap shop-bought dips for one of these homemade options – they taste more vibrant, are better for you, and make a great snack or addition to lunch

Courgette & tahini dip

SERVES 2 **PREP** 10 mins plus cooling
COOK 20 mins **EASY** **V**

Heat the oven to 220C/200C fan/gas 7. Wrap **2 courgettes** in foil and roast for 20 mins, or until a fork easily slides into the flesh. Leave to cool completely. Roughly chop the roasted courgettes, then tip into a food processor, along with **1 small garlic clove**, **1 tbsp tahini**, the

juice of ½ lemon, **1 tbsp Greek yogurt** and a **small handful of chopped mint leaves**. Season and blitz until smooth and creamy. Spoon into a bowl, drizzle with **½ tsp olive oil**, scatter over a little more chopped mint and a grinding of black pepper. Serve with warmed pittas, or crispbreads for dunking.

GOOD TO KNOW healthy • folate • vit c • 1 of 5-a-day • gluten free
PER SERVING 121 kcal • fat 7g • saturates 2g • carbs 5g • sugars 4g • fibre 3g • protein 7g • salt 0.2g

Peanut hummus

SERVES 2 **PREP** 10 mins **NO COOK** **EASY** **V**

Drain a **380g carton chickpeas**, reserving the liquid. Tip **¾** of the chickpeas into a food processor with the **zest and juice of ½ lemon**, **1 tbsp tahini**, **½-1 tsp smoked paprika**, **2 tbsp roasted unsalted peanuts**, **1 tsp rapeseed oil** and 3 tbsp of the reserved chickpea liquid. Season. Blitz until smooth and stir in the rest of the chickpeas. Serve with **2 cored and sliced apples**, and **2 carrots** and **2 celery sticks** both cut into batons.

GOOD TO KNOW healthy • 4 of 5-a-day • gluten free

PER SERVING 336 kcal • fat 16g • saturates 2g • carbs 35g • sugars 16g • fibre 13g • protein 15g • salt 0.8g

Baba ganoush

SERVES 6 **PREP** 15 mins plus draining
COOK 30 mins **EASY** **V**

Heat the grill to high. Put **4 large aubergines** on a baking tray and grill for 20 mins, turning halfway, until blackened and soft. Leave to cool slightly. Halve the aubergines and scoop the flesh into a colander. Leave to drain for 30 mins. Blitz in a food processor with the **zest and juice of 1 lemon**, **2 large garlic cloves**, **3 tbsp tahini**, **4 tbsp olive oil** and seasoning until just combined. Serve with pittas or veg crudites.

GOOD TO KNOW vegan • healthy • gluten free

PER SERVING 218 kcal • fat 13g • saturates 2g • carbs 13g • sugars 12g • fibre 11g • protein 5g • salt 0.1g

Smashed bean dip

SERVES 4 **PREP** 10 mins **NO COOK** **EASY** **V**

Put **½ 400g can chickpeas**, drained and rinsed, and **½ 400g can cannellini beans**, drained and rinsed, into a food processor with the **juice of 2 lemons**, **2 crushed garlic cloves**, **2 tsp ground cumin** and **100ml Greek yogurt**. Blitz until smooth. Add the remaining chickpeas and beans, then pulse a few times until chunky. Stir in the zest of 1 lemon along with some seasoning, then spoon into a bowl.

GOOD TO KNOW healthy • low fat • 1 of 5-a-day

PER SERVING 172 kcal • fat 5g • saturates 1g • carbs 22g • sugars 3g • fibre 6g • protein 11g • salt 1g

Beetroot & mint dip

SERVES 4 **PREP** 10 mins **NO COOK** **EASY** **V**

Blitz **250g cooked beetroot**, **½ tsp ground cumin**, **2 tsp chopped mint**, a **squeeze of lemon juice**, **3 tbsp half-fat crème fraîche** and some seasoning in a food processor until smooth. Spoon into a bowl and sprinkle with **nigella seeds** and extra mint leaves.

GOOD TO KNOW healthy • low fat

PER SERVING 48 kcal • fat 2g • saturates 1g • carbs 6g • sugars 6g • fibre 2g • protein 2g • salt 0.2g

GOURMET LIFESTYLE



*THE SUITE LIFE
ME DUBAI BY MELIA*
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THE SUITE LIFE

ME Dubai by Melia is without a doubt one of the most recognisable hotels in the UAE. The five-star property is located within The Opus by Omniyat and is the only hotel in the world with its interiors and exteriors both designed by the late Dame Zaha Hadid.



Located in Dubai's Business Bay, a stone's throw away from Downtown Dubai, the Burj Khalifa and The Dubai Mall, this hotel is a must-visit for fans of architecture and design, or anyone looking to experience something they have never experienced before.

As you pull up to the hotel, you will be taken aback by the sheer architectural brilliance of the venue. What looks like a simple cube from either side, you'll notice, is a large shapeless hole right in the centre of the structure. If you think the building's exterior is unique, wait till you step inside. I'm pretty sure the check-in staff here are used to being temporarily ignored by guests. They waited patiently as we floated around the lobby soaking in the internal balconies, artwork, futuristic sofas or 'pods' and a space-age, custom-built DJ booth.

In terms of health and safety, guidelines are in place throughout the hotel, in line with the World Health Organisation and national health authorities. Rooms and common facilities are regularly cleaned, and spaces have been rearranged to guarantee social distancing. Check-in was seamless and a staff member guided us to the room patiently, as we stopped several times on the balconies for pictures.

Accommodation

Guests can choose between nine rooms or suites, each carefully crafted for solo travellers, couples, young families or groups of friends. One could also choose between a "midnight" or "desert" colour scheme. We stayed in a midnight "Vibe Room." Regardless of which room or suite you choose, each bedroom features a futuristic Zaha Hadid-designed bed that projects from the wall.

One of our favourite aspects about the room was the technology built into it. While logging into your Netflix or Spotify accounts on the 65-inch 4K LED TV is normal in 2020, ME Dubai takes tech to another level with their own smartphone application: the "ME Dubai by Melia" app. You can control every aspect of your stay, from ordering room service to streaming music from your phone to the room's BOSE speakers. You can also turn on the lights, close the curtains and even turn your AC on if you're out and heading back to the room.

The bathroom is a vibe of its own. The dual sinks and mirrors look like something out of a sci-fi movie. Every single curve and element is intertwined



with the entire hotel's design philosophy. The fixtures are from Hadid's 'Vitae' bathroom collection, designed by Hadid in 2015, for Noken Porcelanosa. The attention to detail in its design is commendable. The shower and bathtub were one of the highlights of our stay as it was the largest torrential rain shower we've ever come across. The almost alien-like shower is more a work of art than a plumbing fixture. The large bathtub needs a mention too, as it easily accommodates two adults – something that most hotels overlook.

Culinary offerings

As you can imagine, a hotel of this stature is home to restaurants of equal prominence. The hotel is home to Central, a traditional Spanish tapas bar; the famous ROKA known for its Japanese Robatayaki cuisine; Latin restaurant Deseo and Botanica a G&T venue with an Italian accent.

Having opened towards the end of November 2020, we dined at Botanica, curious to sample the food from the famous Chef James Knight Pacheco. As the name suggests, Botanica offers specialty beverages infused with botanicals, florals, and spices, as

well as a selection of gastro-bites to suit every palate. Despite the menu being a tad limited, it is incredibly well thought out. It quickly became evident that this unassuming little lounge and restaurant turned out to be a great dining experience.

The first recommended dish was Burrata with ripe marinated heirloom tomatoes and balsamic caramel. Albeit simple, it had stunning flavour, was presented beautifully and every mouthful of this unassuming yet classy dish was a burst of flavour. We then moved on to the cheekily named "Cheeky". A big meatball with an innocent enough crunchy bite. As you dive into the meatball, you pass the juicy minced chicken and finally arrive at a melting bomb of Gouda and béchamel. A party in your mouth indeed!

The next item on our list was the Wagyu beef sliders with smoked cheese and pickles in the softest, fluffiest potato buns. And to appeal to the adventurous foodies with a taste for the finer things, you can elevate this dish with an add-on of foie gras. See, we told you the menu caters to all.

After washing this down with a floral-infused beverage,

Regardless of which room or suite you choose, each bedroom features a futuristic Zaha Hadid-designed bed that projects from the wall

we had to try out Samuel (our server's) favourite dish on the menu: The Truffle Mac & Cheese. We can confidently say it was one of the best we've had in Dubai, mainly due to the fresh black truffle that's grated over the dish. And most importantly, the way it's grated, as you can tell your server when to stop showering your Mac & Cheese with freshly-grated truffle. It was so good, that we ordered it twice, much to Samuel's delight – and possibly dismay – as he spent an entire minute grating truffle.

Insider Tip!

If a stay at ME Dubai is on the horizon, ensure you pack a few extra outfits regardless of the length of stay. The venue is an Instagrammer's delight. The lobby and balconies have an entirely different look when you see it during the day versus the night. Each restaurant also has its distinct visual flavour, so every single time you get out of your already-gorgeous room, you'll be experiencing something totally different.

For more information, visit melia.com.

COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs



GRANNY GOTHARDS ICE CREAM SET, WORTH AED500

Enjoy a selection of treats from award-winning ice cream and sorbet producer, Granny Gothards. Handmade in the south west of England, Granny Gothards is now available exclusively on Kibsons.com in the UAE. Choose from over 195 flavours, all gluten-free, with sorbets also suitable for a vegetarian and vegan diet. One lucky winner is in with the chance to win a gift set inclusive of an ice cream making kit, flask, and an assortment of flavours.



INKOPIA PHOTO WALL ART GIFT VOUCHER, WORTH AED600

Inkopia is an online destination that focuses on all thing's photography. Select one of their incredible photographs or upload your own. Choose your size, format, frame and colour, and the company will print, frame, deliver and even hang it up on your wall at home. Whether you're looking for a statement piece for the living room or a gift for a loved one, get the conversation going with inkopia. One winner will get to spend AED600 at any category on the website.



AED500 STORE CREDIT FROM MARKS & SPENCER

Veganuary is here and we've teamed up with iconic British retailer Marks & Spencer to offer one winner store credit, to spend on the brand's ever-growing vegan offerings.

The Plant Kitchen range boasts over 25 lines including everything from hearty quick-fix suppers and flavour-packed burgers to sweet treats. With all dishes developed with a 'flavour-first' approach, find vegan versions of your favourite food easily with its distinctive teal-coloured packaging. For those looking for dairy-free alternatives, Marks & Spencer's Made Without range includes breakfast options and decadent chocolates to suit every diet.



FRIDAY BRUNCH FOR TWO AT MUCHACHAS, WORTH AED500

Hidden away from the hustle and bustle of Dubai where the music is lively, the ambience is effortlessly unassuming and the vibes are palpable, is Muchachas Mexican Cantina. Nestled at Holiday Inn Express Safa Park, Al Wasl, it's the perfect spot for a Mexican fiesta. The Muchachas experience is a great combination of quirky interiors and neon lights, sharing-style food, and a communal layout that embraces sharing with family and friends.



NRTC FRESH GIFT VOUCHER, WORTH AED500

Get on the juicing and healthy eating bandwagon with NRTC Fresh, an online delivery platform that offers fresh fruits and vegetables from local and international farms. Customers have the option of buying their fresh produce whole, pre-cut, prepacked or as a bulk buy. NRTC Fresh also offers quick, free delivery when customers spend a minimum of AED60. One lucky winner will receive two vouchers worth AED250 each.



SILVER FERN FARMS GIFT VOUCHER WITH LA CARNE, WORTH AED500

New Zealand's leading procurer, processor, marketer and exporter of premium quality grass-fed lamb and beef, Silver Fern Farms, is now available at La Carne. The family-run meat shop, established in 2014, takes pride in serving the finest cuts of steak, burgers and more. La Carne also offers premium beef and lamb with delivery across the UAE, traceable to award-winning producers such as Silver Fern Farms in New Zealand.



To be in with a chance of winning these prizes, visit our competitions page on bbcgoodfoodme.com, or simply scan this QR code with your mobile to directly to the website.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.



ADDRESS FOUNTAIN VIEWS

DISCOVER ADDRESS FOUNTAIN VIEWS

An impressive trilogy of luxury skyscrapers that integrate a hotel with limitless retail access, it is remarkably well connected via a link bridge to The Dubai Mall, and a short walk away from Burj Khalifa. With luxurious rooms and suites, an ingenious palette of dining venues, spa facilities that coax the body and mind into a sublime state of bliss, and world-class amenities that leave nothing to be desired, this is a destination to discover.

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MINA

BRASSERIE

A lively and modern space to graze on delicious brasserie-style sharing plates, crafted by award-winning Chef Michael Mina. Come for a memorable business lunch, or linger into the evening hours over craft drinks with friends on our lounge-style terrace.

